VANCOUVER metro®

NEWS WORTH SHARING.

DOWNTOWN AFFORDABLE HOME OWNERSHIP

EARN BETWEEN 48K-65K?

OWN YOUR NEW CONDO FOR $0 DOWN

25% SOLD

FIND OUT HOW

WWW.SEQUEL138.COM

*SUBJECT TO QUALIFICATIONS

TRAINSPOTTING, 20 YEARS LATER

DIRECTOR PLANS SEQUEL TO '90S FLICK ABOUT DRUG CULTURE IN SCOTLAND, BUT CAN HE GET THE ORIGINAL CAST ON BOARD? PAGE 14

The (almost) great escape

Men who fled prison via helicopter in broad daylight located by police PAGE 7

Yippee, I'm at work!

Fun + freedom = fabulous company, according to Fortune's top 100 list PAGE 19

KISS ME, I'M ST. PADDY

A clown entertains at the St. Patrick's Day Parade through downtown Vancouver on Sunday. Organizers estimated around 150,000 people enjoyed the parade, and the sunshine.

LIAM BRITTEN/FOR METRO

K-9 cop shoots, kills attacking pit-bull dog

Delta. Owner of two dogs that attacked officers and police dog arrested and released

EMILY JACKSON
emily.jackson@metronews.ca

A Delta police officer fired a deadly shot at a pit bull that was attacking him, his police dog and a second officer in Delta on Saturday night.

The veteran K-9 officer, his dog and the other officer were on a routine patrol along the shoreline on Annacis Island when they were suddenly attacked by two pit bulls around 11 p.m., according to a statement from Delta Police Const. Lisa Coupar.

One dog fled after one officer struck it with a baton, but the second pit bull bit the other officer's hand and attacked the police dog.

When several attempts to fend off the attacking dog failed, the officer shot the dog once. The wound proved fatal.

It was not known at the time whether the pit bulls were intentionally released on the officers, so the scene was investigated.

The pit bulls' owner and a second person attempted to obstruct the investigation and were arrested without incident, according to police. Both have since been released. Charges for obstructing a police officer are being considered.

The K-9 officer is recovering from a bite wound and possible broken bones in his hand, which required multiple stitches. His dog, named Oso, also needed medical attention for puncture wounds to the head, ear and eye.

The other officer has minor injuries to both hands from fending off one of the dogs.

Controversy surrounds the pit-bull breed, which often makes headlines for attacks.

In the summer of 2012, people called for a provincial ban on pit bulls after attacks on two B.C. children. But pit-bull advocates blame such violent behaviour on irresponsible owners, not the breed itself.

Bans

Pit bulls were banned in Ontario in 2005. They are also banned in Winnipeg and in other municipalities across Canada and the U.S.

Mortgage Matters p.8

MY VISION IS WORTH $_____.

We know your vision is priceless.

But it doesn't have to be costly.

Say goodbye to glasses and contacts with laser vision correction **starting at $490/eye***

Find out how we do it at lasikmd.com
Free consultation: 1-877-663-9888

LASIK MD VISION

*Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply.

The Airfare Experts.

Every Destination. Every Airline.

FLIGHT CENTRE®

Unbeatable

LOWEST AIRFARE GUARANTEE
We will beat any airfare quote or you fly free.†

Airfares

Los Angeles
from **$368**

Las Vegas	from $189*
Honolulu	from $339*
San Francisco	from $363
San Diego	from $410
Puerto Vallarta	from $513
Los Cabos	from $528
New Orleans	from $555
Miami	from $559
Cayo Santa Maria	from $581
Toronto	from $586
New York	from $599
Holguin	from $624
Frankfurt	from $840
Amsterdam	from $841
Paris	from $869
London	from $965
Hong Kong	from $1059
Barcelona	from $1188
Sydney	from $1349

Hawaiian Islands

Maui Air + 7 Nights
from **$828**
INCLUDES Kihei 1-bedroom accom with full kitchen.

Kona Air + 7 Nights from $862
INCLUDES accom in an oceanfront resort near Kona Beach.

Honolulu Air + 7 Nights from $883
INCLUDES accom near Waikiki Beach.

Maui & Oahu Island Hopper Air + 8 Nights from $1189
INCLUDES all airfare, 4 nights Maui accom and 4 nights Waikiki accom.

HAWAIIAN ISLANDS

Cruises

Alaska 7-Night Cruise
from **$995**
CRUISE Vancouver to Seaward and visit Inside Passage, Ketchikan, Icy Strait, Juneau, Skagway and Hubbard Glacier.
BONUS $50 onboard credit included.

Western Caribbean
7-Night Cruise from $618
CRUISE roundtrip New Orleans and visit Cozumel, Belize City, Roatan and Costa Maya.

Mexican Riviera
7-Night Cruise from $868
CRUISE roundtrip Long Beach and visit Puerto Vallarta and Cabo San Lucas.

Spain & Portugal
Air + 3 Nights + 11-Night Cruise from $2859
INCLUDES airfare, central London accom and cruise sailing roundtrip Southampton (London) visiting Vigo (Spain), Lisbon, Las Palmas (Spain), Tenerife (Canary Islands), Funchal (Portugal) and La Coruna (Spain). **UPGRADE** 4-star accom and oceanview stateroom from $9 per night.

Europe

London
Air + 6 Nights
from **$1394**
INCLUDES central accom near Russell Square.
ADD Red Rover Thames hop-on hop-off tour from $15.

Dublin Air + 7 Nights 4-Star from $1499
INCLUDES 4-star accom near central Dublin.

Prague Air + 7 Nights from $1694
INCLUDES accom close to the Novy Smichov shopping and entertainment centre. **BONUS** daily breakfast included. **ADD** Prague Castle tour from $62.

Istanbul Air + 7 Nights from $1719
INCLUDES Kumkapi area accom near historical sites and the Grand Bazaar.

Munich & Berlin
Air + 8 Nights from $1739
INCLUDES all airfare, 4 nights Munich accom and 4 nights Berlin accom.

Paris & Amsterdam
Air + 8 Nights from $1759
INCLUDES all airfare, 4 nights central Paris accom and 4 nights Amsterdam accom near the Theatre District.

All-inclusive Vacations

Cayo Santa Maria
7 Nights 5-Star
from **$931**

Los Cabos
7 Nights 4-Star from $954

Puerto Vallarta
7 Nights 4-Star from $1030

Varadero 7 Nights 4-Star from $1041

Mazatlan 7 Nights 5-Star from $1085

Riviera Maya 7 Nights 4-Star from $1091

USA

Las Vegas
Air + 3 Nights
from **$386**
INCLUDES accom on the Strip. **UPGRADE** to 4-star accom from $15 per night.

Portland 2 Nights from $104
INCLUDES accom near the Oregon Zoo.
UPGRADE to 4-star accom from $19 per night.

Anaheim Family Special
Air + 3 Nights from $313◊
INCLUDES accom near theme parks. Price per person based on family of 4.

New Orleans
Air + 4 Nights 4-Star from $819
INCLUDES French Quarter accom.

Washington DC National Cherry Blossom Festival, Air + 4 Nights from $969
INCLUDES central accom near the US Capitol Building.

Vacations

Bali Air + 10 Nights 4-Star
from **$1699**
INCLUDES hilltop accom overlooking the Bay of Tanjung Benoa.

Buenos Aires Air + 7 Nights from $1479
INCLUDES central accom near the Plaza de Mayo.
ADD city tour from $24.

Beijing & Shanghai
Air + 8 Nights 4-Star from $1499
INCLUDES all airfare, 4 nights central Beijing accom near The Forbidden City and 4 nights central Shanghai accom near The Bund.

Auckland
Air + 8 Nights 4-Star from $1899
INCLUDES central accom. **ADD** 8-day car rental from $164.

Cook Islands Air + 12 Nights from $2249
INCLUDES accom at an oceanfront resort.
BONUS kids stay & eat free.

flightcentre.ca
More great deals online!

Visit us in store.
170 stores across Canada.

Join our Insider Club for hot deals. Text **YVR** to **131 600**

1 866 317 0953
850 Travel Experts across Canada.

All advertised prices include taxes & fees.

*Conditions apply. Ex: Vancouver. *Ex: Bellingham. All advertised prices include taxes & fees. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. All inclusive vacations include air, per person. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. ◊Price per person based on quad occupancy (2 adults & 2 children ages 2-11). †We will beat any written quoted airfare by $1 and give you a $20 voucher for future travel. "Fly free" offer applies only where all "Lowest Airfare Guarantee" criteria are met but Flight Centre does not beat quoted price. Additional important conditions apply. For full terms and conditions visit www.flightcentre.ca/lowestairfareguarantee-flyfree. BC REG. 6H02790*

Toews approved CBSA TV series that filmed immigration raid

Controversial show. Consultant who obtained documents says she's 'surprised' minister would approve a show she believes exploits vulnerable people

EMILY JACKSON
emily.jackson@metronews.ca

The federal government enjoys "de facto" executive-producer power in the television series that filmed a raid at a Vancouver construction site last week — and federal Minister for Public Safety Vic Toews signed off on the project, according to documents obtained by a Vancouver consultant.

The production agreement between the Canada Border Services Agency (CBSA) and Vancouver-based Four Force Entertainment reveals that the CBSA vets all footage before it goes to air and incurs "not insignificant" operational costs related to filming, editing and review of the series called Border Security.

A representative of the Prime Minister's Office viewed the show's demo reel before Toews approved the project, according to the 2011 document.

Consultant Helesia Luke obtained the documents and was "horrified" when she heard camera crews filmed the raid where a number of allegedly undocumented workers were arrested.

The CBSA stated the raid was in search of a previously deported man with a criminal history, and Four Force issued a statement saying it films events already taking place.

Luke, who used to work in the TV industry, is concerned the government is subsidizing a for-profit business by supplying staff time for a show that she believes exploits people in vulnerable circumstances.

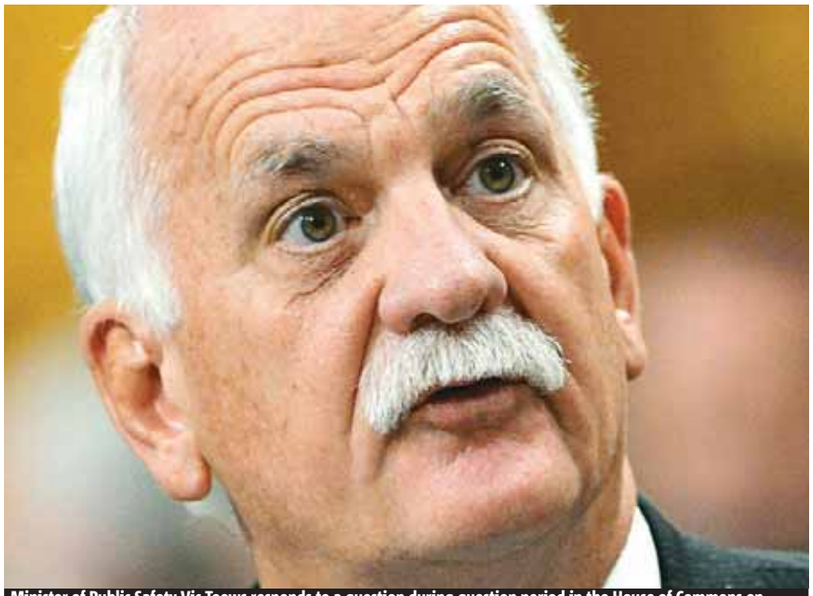
"I was very surprised that the minister would think that this is a good idea," she said.

The production company requires people to sign a waiver before they appear on TV, and the CBSA follows procedures to ensure privacy of individuals is not compromised, according to a CBSA statement issued Sunday.

"This production educates Canadians about the important work that CBSA officers undertake 24-7 across Canada," according to the statement that also extolled the agency's work in seizing drugs and weapons.

The CBSA did not, however, reveal how much it spends on operational costs for the show, but said it does not exchange money with Four Force.

Toews has not yet commented on the matter. His director of communications, Julie Carmichael, did not address the show in an email Sunday, but said the government has introduced a number of "tough-but-fair" initiatives to bolster the security of the immigration system since 2006.



Minister of Public Safety Vic Toews responds to a question during question period in the House of Commons on March 7. Documents obtained by a Vancouver consultant show Toews signed off on a television series that filmed a raid at a Vancouver construction site last week. SEAN KILPATRICK/THE CANADIAN PRESS

Follow Emily Jackson on Twitter @theemilyjackson

No silver lining in streamlined environmental assessments: Wilderness Committee director

A deal between the provincial and federal governments to roll environmental assessments into one process is bad news, according to the Wilderness Committee.

Under a memorandum of understanding signed Friday, B.C.'s Environmental Assessment Office (EAO) will handle all environmental assessments — including the procedural aspects of aboriginal consultations — in the province to avoid duplication.

In the past, the EAO and its federal equivalent, the Canadian Environmental Assessment Agency, would each conduct an independent review.

Projects still need to gain approval from both levels of government, but the decisions will be based on the same report prepared by the EAO.

"It's a move in the wrong direction," said Wilderness Committee policy director Gwen Barlee on Sunday. "B.C. has done a poor job ensuring projects are meeting environmental standards. It really is a race to the bottom."

Barlee worries that the lack of federal oversight will mean potentially dangerous projects will be green-lit.

She points to Taseko's proposed Prosperity gold and copper mine as an example of why a second opinion would be necessary.

The province's own environmental assessment gave the project a pass, but it was put on hold in late 2010 after the federal Canadian Environmental Assessment Agency found the project put wildlife in Fish Lake at significant risk.

"Would they have come to that conclusion if they only looked at the B.C. report?" Barlee asked.

With the government aggressively chasing mining and liquefied-natural-gas revenues, Barlee worries the memorandum will just help controversial projects get fast-tracked.

MATT KIELTYKA/METRO

Canadian Health Care Academy
$1000 OFF HCA & NUC TUITION MARCH ONLY!
Health Care Assistant Program Begins Weekly!
Only 6 months long including a 5 week practicum in a FHA or VCH Nursing Home
Nursing Unit Clerk Program Begins April 15th 2013
Only 7 months long (3days/week) including a 5 week practicum in a FHA or VCH Hospital/Nursing Home
Practical Nursing Program
Begins April 8th 2013 | Start now 73 weeks long
including clinical experiences in FHA & VCH Nursing homes & Hospitals
NEW CLPNBC APPROVED
English, Biology, Math & Anatomy & Physiology
Nursing Pre-Requisites All pre-requisites for the PN program are offered part time - free of charge. Call for start dates.
Call: 604.540.2421 | info@canadianhealthcareacademy.com | www.canadianhealthcareacademy.

WIRELESSWAVE™

MEET THE HOTTEST MODELS

They're here waiting for you. For a limited time.

Choose from phones as low as **$0***

BONUS

up to **$150*** to spend in-store

LG Optimus™ G 2600

Samsung Galaxy S III™

Samsung Galaxy Ace II x™

Visit a WIRELESSWAVE location near you

ROGERS™ Bell fido Virgin mobile

wirelesswave.ca

* Limited time offer. Applicable on a new 3 year term with select plans. No cash value, exchanges or substitutions. Subject to change without notice. In-store credit may not be used to offset the cost of the handset. Can be used towards accessories or warranty. See in-store for details. Products may not be as shown. "LG", the "LG logo" and "LG Optimus" are the property of LG Electronics and its affiliates. © 2013 LG Electronics. All rights reserved. © 2013 Samsung Electronics Canada, Inc. Samsung, Samsung Galaxy Ace II x™, Samsung Galaxy S III™ , and Pursue your passions are trademarks of Samsung Electronics Canada, Inc. and/or its related entities used with permission. Screen images simulated. ™Rogers and Mobius Design are trademarks of Rogers Communications, Inc. Used under license. © 2013 Rogers Wireless. ™Fido & design are trademarks of Fido Solutions Inc. ©2013 Fido Solutions Inc. The VIRGIN trademark and family of associated marks used by Virgin Mobile Canada are trade-marks of Virgin Enterprises Ltd. and used under license by Virgin Mobile.

Experts renew call to solve housing-affordability puzzle

Unsure. One expert says it's hard to answer whether city's housing is unaffordable due to foreign investment

KATE WEBB
kate.webb@metronews.ca

A popular party discussion is once again rearing its head: is Vancouver's housing the second least affordable in the world because of foreign investment?

The answer, according to three experts — one of whom will present new data at a sold-out forum at SFU's Vancity Office of Community Engagement this week — is about as clear as mud.

Andrew Yan of BTAworks, the research-and-development division of Bing Thom Architects, co-authored the city's 2012 Foreign Investment Report, produced for the Mayor's Task Force on Housing Affordability. He says the data does not exist to properly analyze the question — such as whether a suite is being bought for housing or speculative purposes.

"Perhaps the issue isn't just about foreign (investment) but about what it's being used for," Yan told Metro. "Does it really matter that it's foreign as opposed to just investment?"

Tsur Somerville, a professor of urban economics and real estate at UBC's Sauder School of Business, put it more bluntly.

"If there is a concern, it's that anybody buys a unit and then leaves it vacant. That pushes up the price of housing without actually housing anybody," he said.

"I suspect that other people are more interested in blaming the Chinese. We have a long history of that."

Yan will present new data on Wednesday that he crunched using the 2011 Census as an update to research he did that suggested at least five to eight per cent of condos in the downtown core sat empty in 2008, based on BC Hydro data.

Panellist and independent council candidate Sandy Garrosino says there are three things standing in the way of making Vancouver's housing more affordable.

First, there is what she called "willful blindness" — the unwillingness to track whether a home is being purchased by a domestic or foreign owner and also whether they intend to live in it.

View of downtown Vancouver from the Cambie Street Bridge on March 12. A popular cocktail-party discussion is once again rearing its head and it involves questioning whether Vancouver's housing is the second-least affordable in the world because of foreign investment. ERIC DREGER/THE CANADIAN PRESS

Second, B.C.'s history of xenophobic and racist policies toward the Chinese make it a touchy subject. Nonetheless, she said housing should not be treated like stock by anyone because it is a necessity of life.

"It's one thing for investors to be buying condos here and renting them out, but I think a healthier market has buildings that are dedicated rental buildings," she said.

Lastly, if Vancouver were to start talking about putting a tax on foreign investment or even investment in general, it would spark a backlash from free-enterprise capitalists.

"What we're really talking about is taking the super wealthy moving their cash around the globe and turning housing into currency," Garrosino said.

"We have become accustomed, too wedded to a completely free-market capitalist idea."

She suggested it might be time for Vancouver to adopt a system of tracking and restricting certain types of foreign investment in the housing market, as places such as Australia have done, to create much-needed relief.

How safe is your car?
A CBC News Go Public investigation reveals which car accessory could be a hazard to you and your passengers.
Tony Parsons
Gloria Macarenko
CBC News Vancouver
Tonight at 5, 5:30 & 6
cbc.ca/bc
@cbcnewsbc
CBC news

May election. Clark's 'goose is cooked': Outgoing teachers' federation president

The outgoing leader of B.C.'s teachers' federation appeared to delight in the prospect of the province's scandal-plagued government soon being ousted, as she addressed union members Saturday.

BCTF president Susan Lambert has often accused the governing Liberals of paying scant attention to teachers' concerns.

And her pithy assessment of Premier Christy Clark's current political woes earned Lambert a standing ovation at the annual BCTF conference in Vancouver.

"You know, I may be a lame duck," Lambert told her audience of about 600 teachers. "But I think Christy's goose is cooked."

Lambert suggested teachers face a "critical time" in the future of education as they approach the May election — a vote the New Democrats have a very real possibility of winning. THE CANADIAN PRESS

Heavy snowfall

Drivers urged to use caution on Coquihalla

Environment Canada warned drivers Sunday to use extreme caution while travelling on the Coquihalla highway. They said heavy snowfalls and icy conditions were expected throughout the evening. THE CANADIAN PRESS

Safety concerns

First Nation power cut after wire theft

A substantial theft of copper wire has forced BC Hydro to cut off power to a First Nation on Vancouver Island. The utility says its crews acted on a complaint and found grounding wire had been stolen from about 300 utility poles along a 62-kilometre stretch of power line. THE CANADIAN PRESS

B.C. chronic-disease clinic gets overwhelming response

First of its kind in Canada. More than 500 people added their names to wait list within first weeks of centre's opening

TYLER HARBOTTLE
The Canadian Press
exclusively for Metro

Dr. Alison Bested poses for a portrait on Friday in her office at the BC Women's Hospital in Vancouver, where she is starting a new chronic-disease program. ERIC DREGER/THE CANADIAN PRESS

Canada's first specialized clinic for patients with hard-to-treat chronic diseases has been flooded with phone calls and emails from prospective patients since it opened its doors this month.

The new clinic at B.C. Women's Hospital focuses on research and treatment of fibromyalgia, chronic fatigue syndrome, and tick-borne illnesses such as Lyme disease.

More than 500 people have added their names to the wait list for the Complex Chronic Disease Program since March 4, the centre's medical director, Dr. Alison Bested, said.

They've had to implement a triage system to prioritize the most urgent cases.

These particular diseases were chosen because they display overlapping symptoms and have been historically difficult to diagnose, Bested said.

"These are described often in medical terms as the medically abandoned illnesses," Bested said, because doctors often treated isolated symptoms, instead of identifying the root disease.

The new program will take a holistic approach encompassing diagnosis, treatment, physiotherapy, co-ordination with family doctors, and support groups for patients and their families.

The clinic was first announced two years ago, with $2 million in provincial government funding.

Gwen Barlee, who has Lyme disease, said she isn't surprised the clinic is attracting so much attention, but remains only "cautiously optimistic."

"We've had so many years of not being treated, so many years of delays and so many years of being dismissed," she said. "I think people are afraid to get their hopes up."

Barlee said doctors in B.C. are often reluctant to definitively attribute symptoms to Lyme disease.

Barlee's illness is currently in remission, but she's still involved with a support group for those who have it.

She said she plans to apply to the clinic after more serious cases are dealt with.

BCIT computes.

Learn new computing skills at night and on weekends.
Start with just one course.

Join us for an information session:
Wednesday, March 20, 6:00 pm at Burnaby Campus
Thursday, March 21, 4:30 pm at Downtown Campus

Register now.
bcit.ca/computing/pts

BCIT® SCHOOL OF COMPUTING
PART-TIME STUDIES

VISIT
clubmetro.COM
TO ENTER
WIN 1 OF 5
$500
SHOP.CA SHOPPING SPREES
SIGN-UP TODAY FOR YOUR CHANCE TO
SHOP HAPPY at Canada's biggest store, with millions of products and thousands of brands. Get everything you need from 26 categories like home appliances, furniture, electronics, clothing, shoes, travel and MORE!
VISIT CLUBMETRO.COM TO ENTER
SHOP • CA™
SHOP & EARN, EVERY TIME!™
WWW.SHOP.CA
Shop Happy Canada!
Free Shipping on millions of products
Free Returns 365 days a year
No Duty or Tariffs

No purchase necessary. Contest open to residents of Canada, excluding Quebec, who have reached the age of Eighteen (18) years of age or older. Odds of winning depend on the number of eligible entries received. Five (5) $500 bonus rewards prizes are available to be won. Contest closes March 21st, 2013 at 11.59PM (EST). To enter and for complete contest rules visit www.clubmetro.com

5 men confess

Swiss woman gang-raped in India

Police said they arrested five men Sunday in connection with the gang rape of a Swiss woman who was attacked in central India while on a cycling vacation with her husband.

All five men admitted to the attack, which occurred Friday night as the woman and her husband camped out in a forest in Datia district of Madhya Pradesh state. THE ASSOCIATED PRESS

Keystone XL

Pipeline ad runs in New York Times

The Alberta government, continuing to press its case for the Keystone XL pipeline, took out an ad in Sunday's New York Times newspaper, tying the controversial project to core American values and to U.S. pride in its military.

The half-page ad was headlined "Keystone XL: The Choice of Reason." THE CANADIAN PRESS

Teen rape. High school football players break down during verdict

Two members of a high school football team were found guilty Sunday of raping a drunken 16-year-old girl in a case that bitterly divided this Ohio city and led to accusations of a cover-up to protect the community's athletes.

Steubenville High School students Trent Mays and Ma'Lik Richmond were sentenced to at least a year in juvenile jail, capping a case that came to light via a barrage of morning-after text messages, social media posts and online photos and video that drew global attention. Mays was sentenced to an additional year in jail on a charge of illegal use of a minor in nudity-oriented material, to be served after his rape sentence is completed.

The two teens broke down in tears after the verdict was read and later apologized to the victim. Both were emotional as they spoke, and Richmond began sobbing so heavily that he bent over and had to be helped back to his seat. Richmond's father, Nathaniel, also asked that the victim's family "forgive Malik and Trent for the pain they put you through."

Mays, 17, and Richmond, 16, were charged with assaulting the West Virginia girl, first in the back seat of a moving car after an alcohol-fuelled party on Aug. 11, and then in a house basement. THE ASSOCIATED PRESS

Ma'lik Richmond, 16, left, and Trent Mays, 17, were sentenced Sunday in an Ohio juvenile court to serve time in jail for raping a girl. KEITH SRAKOCIC/THE ASSOCIATED PRESS

Prisoners escape after climbing up a rope into chopper

Freedom, short-lived. Quebec investigators arrest inmates just hours after they flew the coop

A dramatic daylight jailbreak involving two Quebec inmates climbing a rope into a hovering helicopter swiftly escalated into a large police operation on Sunday that saw both men tracked down hours after they fled.

Just before 8:30 p.m. E.T., police confirmed they had arrested Benjamin Hudon-Barbeau and two other suspects.

An hour later, police said they had located the second escapee, Danny Provencal, and had set up a perimeter around the area where he was found.

Much of the action took place in Chertsey, Que., located about 50 kilometres north of the jail in Saint-Jerome from where the inmates made their brazen escape.

"We have a lot of officers working on the site," said provincial police spokesman Benoit Richard.

Police wouldn't give any details about how the arrests were made or about the charges facing those who were arrested.

"They are all being transported to the nearest police station to be questioned by the investigators," Richard said of those in custody.

"They will be due in court tomorrow morning."

Officers had blocked off the main road in Chertsey, not far from the village of St-Marguerite, and were pulling over cars Sunday night.

Earlier on Sunday, authorities had said 36-year-old Hudon-Barbeau and 33-year-old Provencal had broken out of the jail by clambering up a rope into a waiting helicopter.

"The suspects just took the rope in their hands and started fleeing," Richard recalled the jail's warden saying.

Police tracked down the helicopter about 85 kilometres away in Mont-Tremblant, and the pilot was still at the scene. THE CANADIAN PRESS

Radio station call

"The way they're treating me in there, it's unreal."

A man who called in to Montreal radio station 98.5 FM claiming he was Benjamin Hudon-Barbeau, one of the escapees

PST returns April 1

Is your business ready?

- Register by April 1, 2013.
- Know what's taxable and what's not.
- Get ready – update your systems and suppliers.

We can help your business make the transition. Visit **www.gov.bc.ca/PST**

Questions? Ask us:
1 877 388-4440
CTBTaxQuestions@gov.bc.ca

BRITISH COLUMBIA

BCIT distributes.

JAMIE FAY
OWNER, END OF THE LINE GENERAL STORE
CURRENT PTS BUSINESS MANAGEMENT STUDENT

ADD A VALUED EDUCATION TO YOUR SHOPPING LIST

The BCIT School of Business offers the flexibility to work and earn a degree at the same time. We offer a variety of part-time programs to suit your schedule.

Find the career that you want.

bcit.ca/business/pts

BCIT SCHOOL OF BUSINESS
Real Experience. Real Results.

Determine what you can afford for a new home by running budget scenarios for various mortgage and housing expenses. JUPITERIMAGES/COMSTOCK/THINKSTOCK

How much can you afford?

Budget. Avoid home poverty by determining what you can afford when shopping for a mortgage

LESLEY SCORGIE
For Metro

Picture this — you meet with a mortgage broker and after a series of questions related to your income, assets and liabilities, you are pre-approved for a $400,000 mortgage. You grin ear to ear because this is $100,000 more than you were expecting. You race out, purchase a home for your maximum limit, and for the next three years you can barely afford groceries. You are house poor.

Just because you are pre-approved for a large mortgage doesn't mean you should take it. Avoid home poverty by determining what you can actually afford.

Start by running budget scenarios for various mortgage and housing expenses. Compare how a $1,200 monthly mortgage payment combined with $250 in condo fees and property taxes affects your bottom line relative to a $1,400 monthly mortgage payment, no condo fees, but increased tax and utility expenses.

Once you have a ballpark idea of what you can comfortably afford each month, use online mortgage calculators to determine how this translates into a home price. Free calculators are available at canadamortgage.com, Canada Mortgage and Housing Corporation's homebuying tools or from any major bank's website.

Next, speak with at least three mortgage lenders to get a mortgage pre-approval — competitive offers will save you money.

Mortgage lenders use ratios to determine what you can afford, which translates into your pre-approval amount.

Your gross debt service ratio, which typically can't be more than 30 to 32 per cent of your gross monthly income, is comprised of your mortgage payment plus house insurance plus property tax plus heat bill. If you have a condo, you must include half of the monthly condo fee.

Your total debt service ratio, which can't be more than 40 per cent of your gross income, adds your other monthly debt obligations (credit card payments, line of credit payments, vehicle loans, etc.) to the gross debt service ratio.

Cut unnecessary expenses

- Home poverty is stressful because there is little money left over for things like RRSP contributions or fun activities. It's also cited as one of the leading causes of spousal spats. If you are running a negative bank balance for more than three months because of your home, you must increase cash flow by cutting unnecessary expenses, make more money, and take advantage of available government support and tax breaks.

If you are blowing through those ratios, you will need to pay down your existing debt or rethink your homebuying expectations.

Down payment. Saving is really worth the effort

Saving a down payment is hard work, but it's worth the effort. Home ownership enables you to build equity in an asset rather than throwing money away in rent.

Think about how much you will need for a down payment and the impact that saving will have on your budget — yes, you need a budget.

Using a spreadsheet, list all monthly income and subtract expenses. If you are broke each month, you will have to cut out unnecessary expenses like iTunes and restaurant lunches. Google docs offer free budget templates.

Experts recommend a 20 per cent down payment of the home's value. But financial institutions will often accept less. In exchange for the bank's extra risk, you pay a premium for an insured mortgage through the Canada Mortgage and Housing Corporation (CMHC).

There are three approaches to saving a down payment: First, if you are a first-time homebuyer, using the Home Buyers' Plan (HBP); second, saving outside the HBP; or third, borrowing from family.

You and your partner can borrow up to $25,000 each, tax free, from your RRSP through the HBP. You will have 15 years to repay the funds, but there are drawbacks (see sidebar).

The best approach to saving outside the HBP includes using accounts that allow you to contribute regularly (on payday or in lump sums), earn interest, aren't easily accessible (reduced temptation), and don't put your funds at risk. The safest interest earning accounts are high-interest savings accounts, guaranteed investment certificates, and money market mutual funds.

Saving monthly works best when you have a fixed budget. Saving in lump sums works well when you receive bonuses, tax refunds or money from other sources.

If you are borrowing from family, sign a written agreement that protects both parties and, hopefully, prevents a family feud.

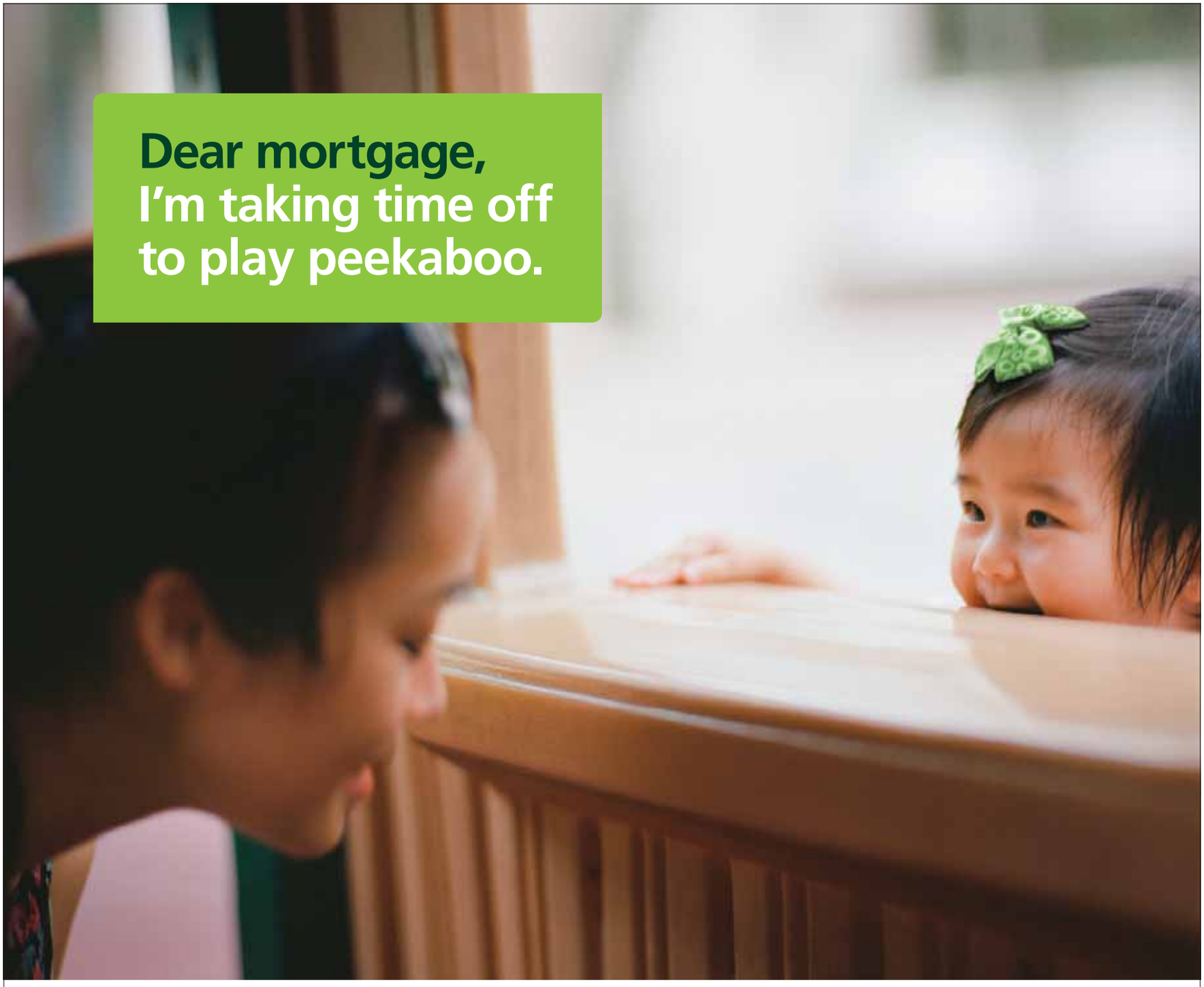
Besides winning the lottery, there is no magical way to save for a down payment. It takes hard work and frugal living. But the act of saving helps form healthy financial habits, which you will need once you are a homeowner.

LESLEY SCORGIE

Drawbacks

- The Home Buyers' Plan (HBP) has drawbacks. First, when you take money out of your RRSP, you lose the power of compounded interest and reinvested returns. Second, your repayments don't benefit from tax writeoffs because they aren't new money. Third, if you can't repay the minimum, you will be taxed on the difference between what you still owe and what you paid.

Home ownership enables you to build equity in an asset rather than throwing money away in rent. GEORGE DOYLE/STOCKBYTE/THINKSTOCK



Take time off from your mortgage payment. Our TD flexible mortgage feature comes with life in mind. You have the option to save up, then take a payment vacation for up to 4 months.[1] How you spend your payment vacation, well that's up to you.

For more information visit a branch or tdcanadatrust.com/paymentvacation or call 1-866-492-4938 today.

Banking can be this comfortable

[1] Some conditions apply and subject to approval.

®/The TD logo and other trade-marks are the property of The Toronto-Dominion Bank or a wholly-owned subsidiary, in Canada and/or other countries.

MoneyProvider.com
$500 Loan and more
Fast, easy and secure
No credit refused
1-877-776-1660
www.moneyprovider.com

NEED MONEY?
✓No credit checks
✓Fast approvals
call 1-866-499-5629
And get cash now!!
www.mynextpay.ca

EVER FOREX 匯聯
Offices in Vancouver, Burnaby, Richmond & Surrey
• Currency Exchange
• Worldwide Money Transfer
• 24*7 Online Trading
Live Rates: everforex.ca • Toll Free: 1 800 699 4816
USD, EUR, GBP, AUD, NZD, JPY, CNY, THB, TWD, MYR, PHP, SGD, MXN

Holy meets high-tech at the Pope's social media office

Vatican City. Metro gets an exclusive visit with the people behind the pontiff's digital presence

ELISABETH BRAW
Metro World News in Vatican City

HABEMUS PAPAM: FRANCISCUS!
NEWS.VA
News.va English
Like
Religious Organization
Welcome! We encourage you to share your feedback on the news posted on News.va. Comments should be related to the topic, unoffensive and respectful of others; otherwise, they will be removed. Thank you for your interest and
About · Suggest an Edit
31,403
Photos
Likes
Flickr

This screen grab shows the Vatican's English-language Facebook page. FACEBOOK

As I walk into his office, Paul Tighe is on the phone with Apple regarding The Pope App. Yes, this is the Pope's social media office.

And Monsignor Tighe's operation would put any newspaper to shame. In the office next to his, a team tweets, adds content to the news portal news.va, uploads photos to Flickr, fine-tunes The Pope App (for Android and Apple devices) and monitors livestream video.

"We have the Habemus Papam tweet ready to be sent out," Miguel Chavarra, a young Spaniard, tells me. Sure enough, the very same evening, as soon as a cardinal has announced the magic words that make Jorge Mario Bergoglio Pope Francis, the tweet goes out.

"Today's news model is short news and lots of images, and that's good for the church," explains Tighe, an Irish priest who's been in charge of the Pope's social-media operations — formally known as Pontificium Consilium de Communicationibus Socialibus — for the past five years.

"The church has always been very visual, and communications is like theatre. Just think of all the people waiting to see the black and white smoke." Indeed, as soon as the white smoke emerged, millions of people had tweeted and retweeted the news.

Tighe's headquarters on Via della Conciliazione, in front of St. Peter's Square in Rome, illustrates the ironies of running the high-tech division of a millennia-old organization: it has a Latin name, but operates in Silicon Valley-speak.

The mostly young staff of about 30, including several interns, work on state-of-the art computers in offices decorated with the ubiquitous pictures of the Virgin Mary.

In fact, the otherwise conservative Vatican embraced social media early on. "The people who listen to us can bring the information to a wider audience," says Tighe. "We've made mistakes while adopting to social media. One of the biggest ones was to underestimate the dynamic and interactive nature of social media. One of our earlier forays was initially very successful but grew static because we didn't update enough. But we've learned. People often say, 'How can you talk the Gospel in 140 characters?' But so much of the Bible's teachings are in 140 characters. Think of things like 'Love your neighbour as yourself.'"

Adds Thaddeus Jones, the office's American-born coordinator: "And 140 characters can give you words of support and consolation."

One of the earliest adopters was Pope Benedict XVI himself. "He said that new media are a blessing," recalls Tighe. "He said, 'If Twitter is something that allows us to communicate the good news, especially to young people, then I'm very happy to do it.'"

Quoted

"Jesus went into the marketplace and preached the Gospel. Digital media is the new marketplace. We can't be afraid to go there."

Monsignor Paul Tighe, head of the Pope's social media operations

Where to find the Pope

- **Web:** news.va
- **Twitter:** @Pontifex (Pope); @news_va_en (Vatican)
- **Facebook:** facebook.com/news.va, in different languages
- **iPhone, Android:** The Pope App (free)
- **Flickr:** flickr.com/photos/newsva

HOW DO YOU WANT TO LOOK THIS SUMMER?
FLABBY OR FABULOUS
• Discover non-invasive Lipolaser & EMS (Electro Muscle Stimulation).
• **Lipo Laser safely melts away FAT and CELLULITE from your waistline, legs, buttocks & love handles.**
• One 18 minute EMS Core session is equivalent to 200 - 500 perfectly formed sit ups.
• **EMS can also help Build, Tighten, and Tone any major muscle groups.**
Special Introductory Session Only $125
Vancouver Lipo Laser & Muscle Toning Clinic
3335 West 4th Ave., in Kits | 604 904 0888 | www.vancouverlipolaser.com

Canna Clinic
Medicinal Cannabis Dispensary
Are You Eligible?
604-558-2454
Open 7 days per week from 11am - 7pm
758 East Broadway · info@mycannaclinic.com
www.mycannaclinic.com

CITY PUMPED ON PEDAL POWER

URBAN COMPASS

Paul Sullivan
vancouver@metronews.ca

There is a conspiracy, after all.

I'm not sure who's in on it, but it involves city hall and bicycle pumps.

Don't look now, but they're mysteriously turning up around town: Public bicycle pumps, imported from Europe, net cost to the taxpayer: $3,000 each.

So far, there are two, one along the Union-Adanac bike route, the other in front of Science World.

It's obviously a conspiracy, but what's the point?

If you're a taxpayer, maybe it's to make your head explode. And sure enough, that's what happened to the Canadian Taxpayer Federation's Jordan Bateman. "A bike pump costs a bike owner about 20 bucks! They're not expensive!" he spluttered in the general direction of a local reporter.

If you're a service station owner, the point is to make you go hmmm, because you already offer free air to anyone who wants it, including passing cyclists. Maybe it's a plot by city hall to make you feel marginally less necessary?

If you're a cyclist, it's obviously a ploy to make people hate you more. You already carry your own pump around, and realize that once you're a couple blocks away from one of those public pumps, they're no good to you anyway.

Unless it's the city's plan is to put one on every street corner, which we can't rule out.

Of course, if you're a cyclist, you don't need any help generating hate, especially when your own people are already doing a great job. HUB recently argued that cyclists should be able to treat stop signs as yield signs and roll through if safe to proceed.

That's such a bad idea. Clearly HUB is in on the conspiracy too.

Then there's Geoff Meggs. He's either some kind of stone genius or the worst politician ever. While Mayor Gregor Robertson makes himself politically scarce when he's having another vision, Coun. Meggs can always be counted on to step up and say the wrong thing.

This is no exception. First he congratulates himself on solving a safety issue (under-inflated tires? big problem) then he leaps at the opportunity to sow further animosity by pointing out that city hall is about to spend $125 million on "car infrastructure," e.g. streets and bridges and other car stuff, confirming that he thinks people in cars are some kind of spoiled special interest group instead of … everyone.

I suspect the real conspiracy is to feed the fantasy that at some point people will encounter no barriers to entry if they feel like climbing on a bike. Rent one anywhere, pick up a helmet from a helmet dispenser and just take off down the road, rolling through stop signs with big smiles on their faces, fortified by the knowledge that there's a pump right around the corner.

Now, about that free rain gear…

An inflated notion

Mysteriously turning up around town: Public bicycle pumps, imported from Europe, net cost to taxpayers: $3,000 each.

ZOOM

A cool way to say goodbye to winter

DENIS TYRIN/THE ASSOCIATED PRESS

Ice castle gets demolished

People storm a snow castle during celebrations of Maslenitsa, or Shrovetide, outside Marfino village, some 52 kilometres north of Moscow on Sunday.

Maslenitsa is a traditional Russian holiday marking the end of winter that dates back to the pagan times. THE ASSOCIATED PRESS

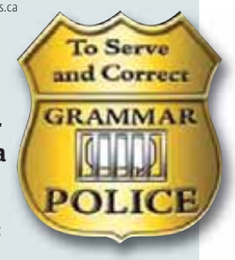
Pagan tradition is popular

Celebrations include pancakes (the pagan symbol of the sun), carnivals and the burning of scarecrows.

Despite the tradition's pagan roots, it has been integrated into the Orthodox calendar and survived the advent of Christianity and the Communist era that banned religions. THE ASSOCIATED PRESS

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca



Woe to those who send tweets with reckless disregard for grammar. Because out there lurks a vigilant army of Twitter bots, each devoted to catching a common error and quick to publicly shame with a retweeted rebuke. Here's a few:

Your in America Bot (@yourinamerica)

Fun fact about people who don't know the difference between your and you're, yet still consider it their place to scold others on how to speak, eat and behave when "your in America": They don't like being corrected either.

Stealth Mountain (@StealthMountain)

A personal favourite, Stealth Mountain's watchful eye has plenty of scorn for those who confuse sneak peek with "sneak peak."

CapsCop (@CapsCop)

"Looks like someone forgot the combination to their caps lock," and "On Twitter no one can hear you scream," are among the supply of chides CapsCop has for those who prefer to express their anger LIKE THIS.

Letters

RE: Horse as the Main Course, published March 4

"The greatness of a nation and its moral progress can be judged by the way its animals are treated."

This quote, attributed to Gandhi, illustrates the progress Canada could make if it took a more innovative and humane approach to the slaughter of meat animals by world standards.

We are known for peacekeeping, what about the end of life treatment of our meat horses? What about a more peaceful death? Horses require special end of life management, they are not cows but rather are a prey animal and as such have heightened awareness.

Canada needs slaughter plants that are set up specifically for horses – tough job. Horses smell fear, smell blood, hear alarm vocalization and will jerk and throw themselves around to escape danger. Slaughter houses are not quiet. Special floors cut down on hazards but slippery conditions cause horse falls and injuries. Slaughtering horses is dangerous for the human handlers. Horses will struggle and flip themselves to get away.

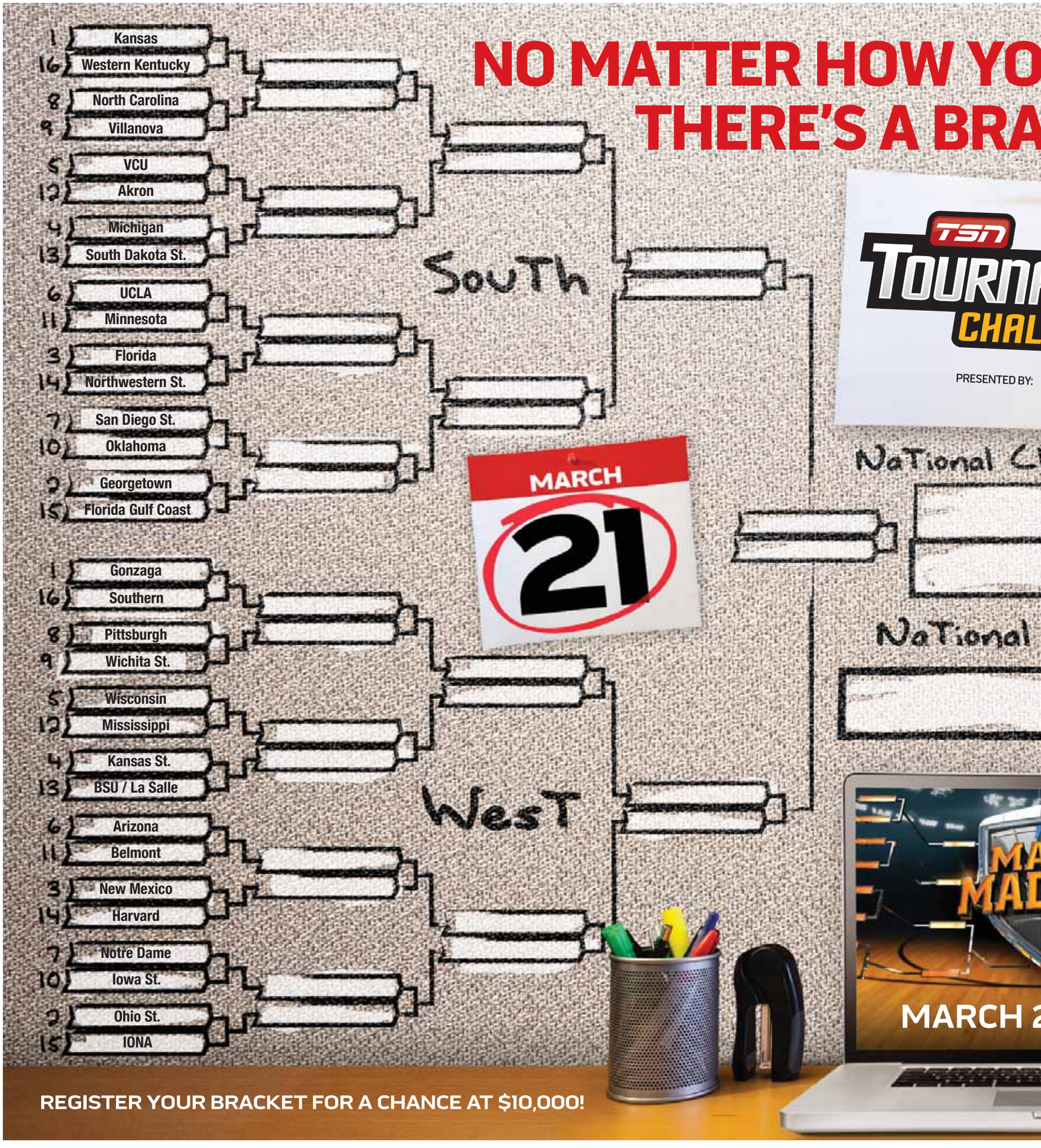
Canada can be the world leader in innovative horse slaughter practices and then in good conscience ship overseas.

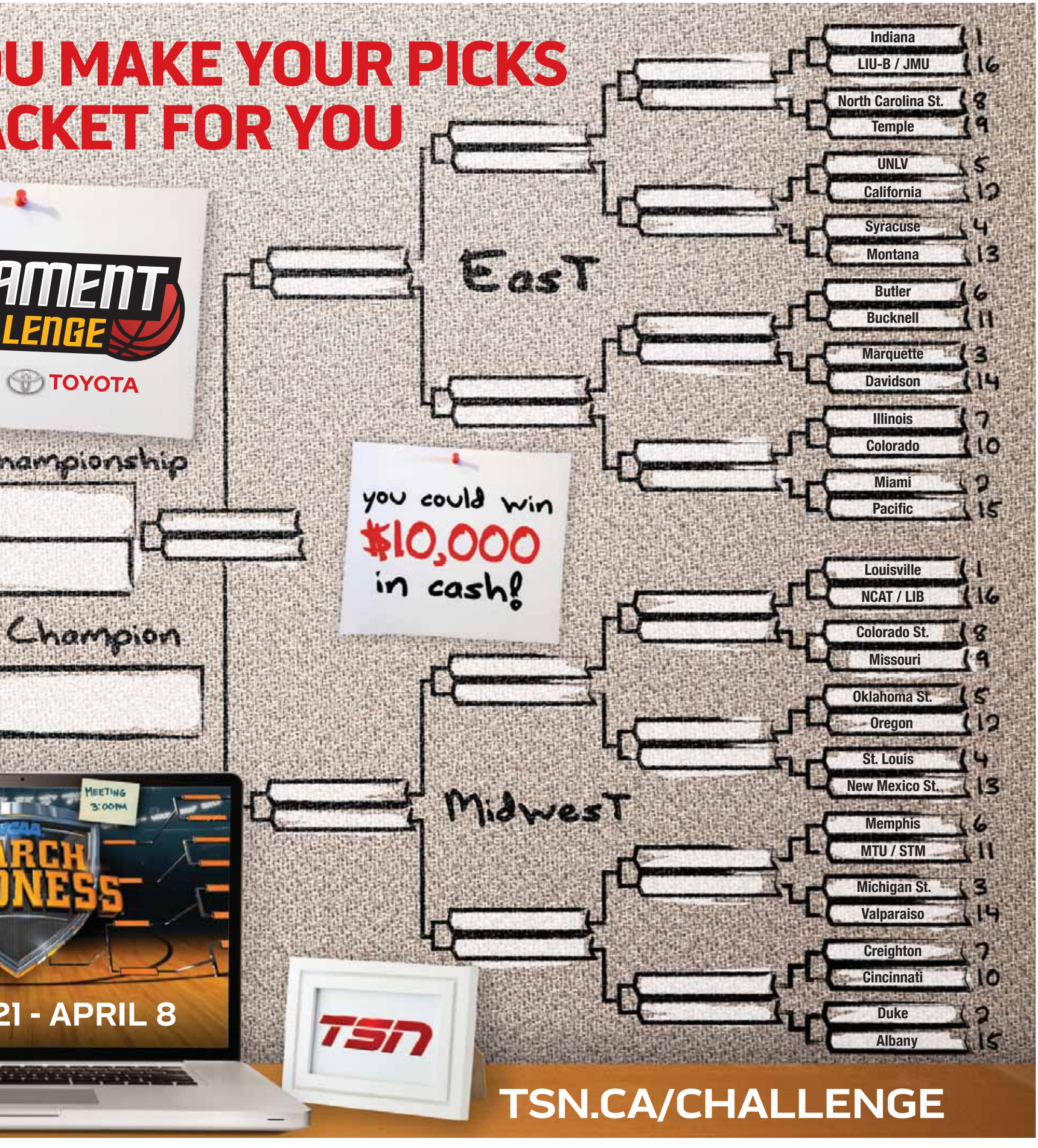
Marielee Wolfe, Calgary, Alta.

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Vancouver** Jeff Hodson • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Chris Mackie • **Distribution Manager** George Acimovic • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson • **METRO VANCOUVER** #250 - 1190 Homer Street Vancouver, BC V6B 2X6 • **Telephone:** 604-602-1002 • **Fax:** 604-648-3222 • **Advertising:** 604-602-1002 • adinfovancouver@metronews.ca • **Distribution:** vancouver_distribution@metronews.ca • **News tips:** vancouver@metronews.ca • **Letters to the Editor:** vancouverletters@metronews.ca


NO MATTER HOW YO
THERE'S A BRA
TSN
TOURN
CHAL
PRESENTED BY:
SOUTH
1 Kansas
16 Western Kentucky
8 North Carolina
9 Villanova
5 VCU
12 Akron
4 Michigan
13 South Dakota St.
6 UCLA
11 Minnesota
3 Florida
14 Northwestern St.
7 San Diego St.
10 Oklahoma
2 Georgetown
15 Florida Gulf Coast
MARCH
21
NATIONAL C
NATIONAL
1 Gonzaga
16 Southern
8 Pittsburgh
9 Wichita St.
5 Wisconsin
12 Mississippi
4 Kansas St.
13 BSU / La Salle
WEST
6 Arizona
11 Belmont
3 New Mexico
14 Harvard
7 Notre Dame
10 Iowa St.
2 Ohio St.
15 IONA
MA
MAD
MARCH 2
REGISTER YOUR BRACKET FOR A CHANCE AT $10,000!


U MAKE YOUR PICKS
CKET FOR YOU
AMENT
LENGE
TOYOTA
hampionship
Champion
you could win
$10,000
in cash!
East
Midwest
Indiana 1
LIU-B / JMU 16
North Carolina St. 8
Temple 9
UNLV 5
California 12
Syracuse 4
Montana 13
Butler 6
Bucknell 11
Marquette 3
Davidson 14
Illinois 7
Colorado 10
Miami 2
Pacific 15
Louisville 1
NCAT / LIB 16
Colorado St. 8
Missouri 9
Oklahoma St. 5
Oregon 12
St. Louis 4
New Mexico St. 13
Memphis 6
MTU / STM 11
Michigan St. 3
Valparaiso 14
Creighton 7
Cincinnati 10
Duke 2
Albany 15
MEETING
3:00PM
21 - APRIL 8
TSN
TSN.CA/CHALLENGE

What has happened to Renton and crew in the last 20 years? HANDOUT

Trainspotting, all grown up

Sequel in the works. Director Danny Boyle confirms a draft of a script has already been completed, film hinges on original actors coming on board

NED EHRBAR
Metro World News in Hollywood

Those rumours about plans for a Trainspotting sequel are true, and there's already a draft of the script done, director Danny Boyle confirms. "These guys who in their early 20s as characters took enormous risks with their selves, with their bodies — what you can ingest, what you get away with at that age — what's it like when you hit your 40s, when you begin to creak and osteoarthritis begins to set in?" Boyle says. "I think it will be doubly reflective because the actors will have aged — you'll be looking at them 20 years older — the characters will be locked, presumably, inside their world still in Edinburgh in some way, and the audience of course will also be older. You'll go, 'Wow, what happen to that 20 years? Where did that go?'"

Novelist Irvine Welsh published a follow-up to the original novel in 2002 called Porno, though it's unclear if Boyle's film would have anything to do with that book. But original screenwriter and frequent Boyle collaborator John Hodge is already on board. "John will write it," Boyle says. "John's done an early draft. He's done a kind of exploratory draft on it, so we're starting to work on it."

But there is one major hurdle to the sequel going forward, as far as Boyle is concerned, and that's getting original stars Ewan McGregor, Jonny Lee Miller, Ewen Bremner and Robert Carlyle back together. "We haven't (secured anyone yet)," Boyle says. "I mean, we have to get the script right, because they will only do it if they think the script's good enough, I think. A few of them will obviously think, 'I shouldn't do that. If it's going to be disappointing, it would be really bad.' And they'll each make their own individual decisions. I think we won't do it unless we can get them all."

Director Danny Boyle says one major hurdle is getting the original actors on board. GETTY

BUNS of STEEL, THIGHS of IRON, the GRACE and AGILITY of a CAT...

VANCOUVER INTERNATIONAL FENCING GRAND PRIX

Vancouver Fencing World Cup Tournament
March 23 & 24 • Richmond Oval

www.vancouvergp.com

Bates to get freaky for American Horror

Filming in The Big Easy. With the subtitle Coven, the next season of the haunting TV anthology will feature witches and some hefty star power

The third season of American Horror Story will be subtitled Coven, and add actress Kathy Bates to the series' ensemble, according to the TV anthology's co-creator, Ryan Murphy.

"We're far enough along in the writing that I can tell you what it's about," Murphy announced to more than 1,000 of the show's fans who attended the PaleyFest panel on the series Friday night at the Saban Theatre in Los Angeles.

Murphy (Nip/Tuck, Glee, The New Normal) confirmed there would be witches in the new season, but failed to reveal any more plot specifics. "It's a really cool story that we've been talking about for a couple of years, actually, and this seemed the year to do it," he continued, dropping one more tidbit:

After filming the first two seasons on lots and soundstages, parts of series three will be shot in New Orleans.

"The fun thing about doing the show is researching what are the really haunted places in America, because every year the institution is one of the lead characters," Murphy explained. "The first year was Murder House, and this year was Asylum. We have another couple doozy locales."

Joining Murphy on the panel were American Horror Story: Asylum cast members Frances Conroy, Naomi Grossman, Jessica Lange, Sarah Paulson, Evan Peters and Lily Rabe as well as executive producers Dante Di Loreto, Brad Falchuk and Tim Minear. Before the event, it had been reported that Conroy, Lange, Paulson, Peters and Rabe were confirmed to be a part of the third season.

Previously, Murphy had also said Lange would be playing a "glamour cat" in her latest Story role. When Lange was asked about that new character, she replied, laughing, "I don't know what a 'glamour cat' is, but I am excited about it."

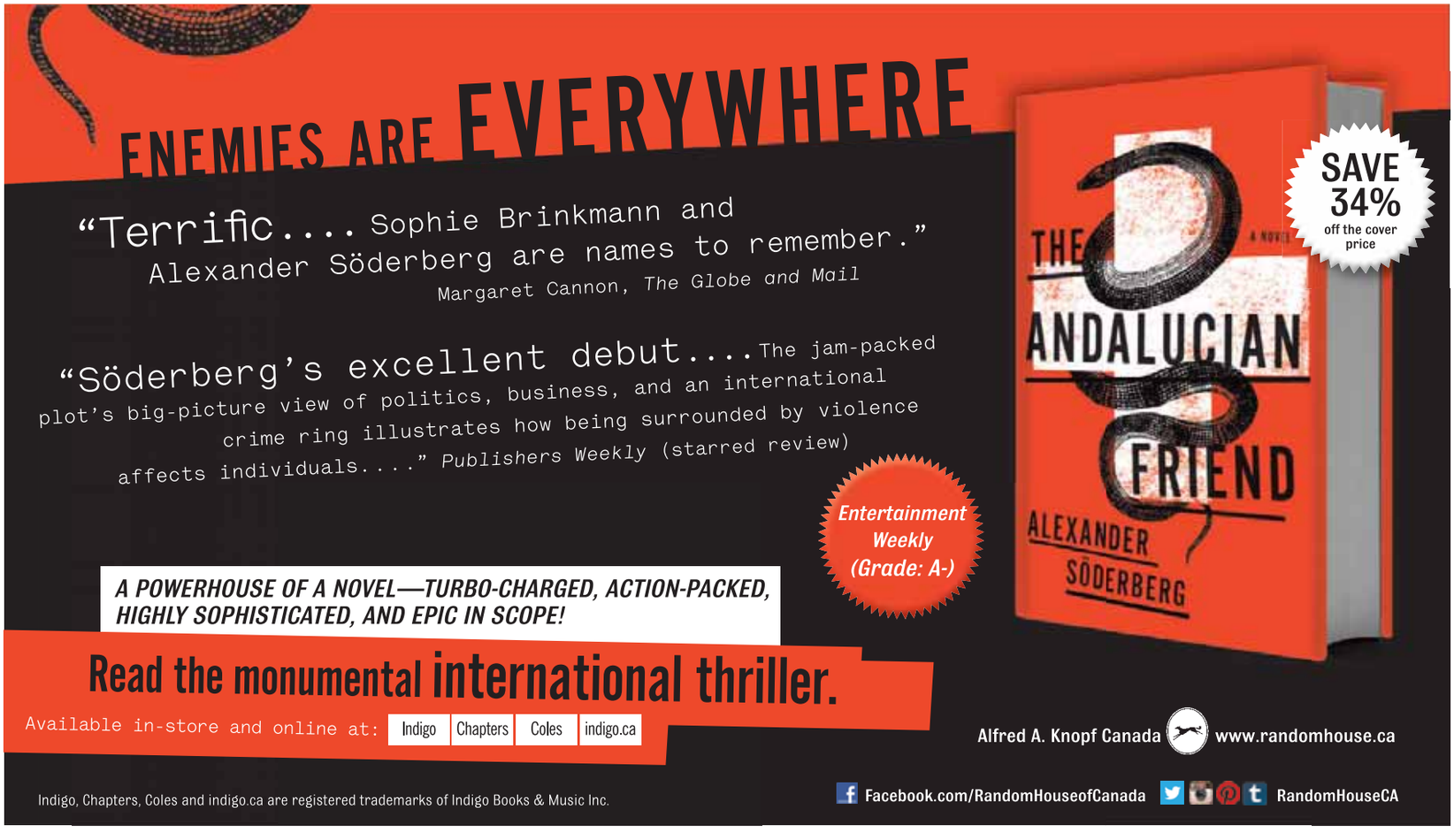
Late in the event, the ensemble's latest major cast addition was introduced to the audience: the Oscar-winning Bates (Misery), who said she was a big fan of the series and a longtime friend of Lange. Joked Murphy, "You know, I love a good Oscar winner," referring to two-time Academy Award honouree Lange.

THE ASSOCIATED PRESS

Coming up...

- **Vampire theme?** American Horror Story co-creator Ryan Murphy also said he was considering a vampire-themed Horror Story, and that "I have been talking to John (FX network president and general manager John Landgraf) about doing a companion piece to American Horror Story, so I think it would be really cool to do a couple different incarnations of the idea."

Longtime friends Kathy Bates and Jessica Lange will come together in American Horror Story this season. GETTY IMAGES


ENEMIES ARE EVERYWHERE
"Terrific.... Sophie Brinkmann and Alexander Söderberg are names to remember."
Margaret Cannon, The Globe and Mail
"Söderberg's excellent debut....The jam-packed plot's big-picture view of politics, business, and an international crime ring illustrates how being surrounded by violence affects individuals...." Publishers Weekly (starred review)
Entertainment Weekly (Grade: A-)
THE ANDALUCIAN FRIEND
A NOVEL
ALEXANDER SÖDERBERG
SAVE 34% off the cover price
A POWERHOUSE OF A NOVEL—TURBO-CHARGED, ACTION-PACKED, HIGHLY SOPHISTICATED, AND EPIC IN SCOPE!
Read the monumental international thriller.
Available in-store and online at: Indigo Chapters Coles indigo.ca
Alfred A. Knopf Canada
www.randomhouse.ca
Indigo, Chapters, Coles and indigo.ca are registered trademarks of Indigo Books & Music Inc.
Facebook.com/RandomHouseofCanada
RandomHouseCA

Community actors took ownership of characters after creator left: Star

Class is back. Actor says it was tough shooting episodes without Harmon this season, but they soldiered on

It started out as a goofy little series about a community college. Four years later, Community has lost its leader and guiding force as well as one of its stars.

Nevertheless, if this is the last season, for many critics, it stands at the top of its class.

Certainly you won't get an argument about that from two of its lead actors, Danny Pudi and Alison Brie. The pair were in Toronto last month to promote the fourth season, airing Thursday nights at 8 p.m. ET on City and NBC.

Both credit departed creator/show runner Dan Harmon with making Community special.

"I think from the very beginning working on this show, it just quickly became clear that Dan Harmon was going to be pushing the boundaries of what's done on network television," said Brie. "And I think he did it on a regular basis."

Harmon pushed other boundaries with NBC executives, who fired him at the start of this season. He was offered a role as a consultant but refused to be involved if he no longer had creative control.

He was replaced as showrunner at the start of this season by writers David Guarascio and Moses Port (who co-created the short-lived comedy Aliens in America). In November, NBC announced that Chevy Chase, who had a very public falling out with Harmon, would also leave the series.

"I think we appreciated Dan, and I always will, because without Dan there wouldn't be Abed," says Pudi, who plays the study group's pop culture obsessed film student.

Danny Pudi says he will always appreciate Harmon, who created his character, Abed. HANDOUT

Still, actors have contracts and the show must go on.

"It was tough because there was not a lot of time to grieve," says Pudi. "You were kind of in motion with the production schedule and before you know it, you're six episodes in."

Brie says the actors all felt more inclined to take more ownership of their characters this season.

"We sort of wanted to help out the new guys," she says, adding that the cast "spoke our minds a little more" and "even added jokes in on set more than we used to." THE CANADIAN PRESS

Now in charge

Creators have been replaced before

Aaron Sorkin departed The West Wing when NBC got fed up with scripts coming in at the last minute.

Frank Darabont bolted from The Walking Dead when AMC tightened budgets after the first season. Both of those shows continued on and, in the case of The Walking Dead, even thrived after the departure of their leaders. Comedy, however, may rely even more heavily on a personal vision. When Amy Sherman-Palladino left Gilmore Girls, that series seemed to lose its distinct voice and only lasted one more season.

FROM STEPHENIE MEYER THE AUTHOR OF THE TWILIGHT SAGA
CHOOSE TO BELIEVE.
CHOOSE TO FIGHT. CHOOSE TO LOVE.
THE HOST
WRITTEN FOR THE SCREEN AND DIRECTED BY ANDREW NICCOL
03.29.13
You could
WIN
a pass for two to a special advance screening of
THE HOST
In Theatres March 29
One lucky winner will also take home a copy of THE HOST novel signed by Stephenie Meyer!
VISIT clubmetro.com TO ENTER
To register and for full contest details visit clubmetro.com
Don't forget to like us on Facebook! facebook.com/clubmetrovancouver
e one

Smash star's CD doesn't ease down the Broadway-diva road

Last week, singer-actress Megan Hilty wrapped her second, and possibly final, season of the TV musical Smash. But no time for curtain calls — a day later she made her Carnegie Hall headlining debut to a sold-out house. She spent this week racing around New York, getting the word out of her first solo album, It Happens All the Time, which was released Tuesday.

"It's been a whirlwind," Hilty said with a sigh, speaking by phone from what she said was the only quiet spot she could find: the lobby of Marriott Marquis hotel. The Broadway veteran doesn't ease on down the well-worn Broadway-diva CD-debut road, usually leading to a set of classic standards.

"While I love those albums," Hilty said, "I wanted to do something unexpected."

It Happens All the Time began as an album comprised of covers of songs previously recorded by other artists. "But then Columbia started sending original songs along, and things started to evolve." The result is a collection of wide-ranging genres: modern soul, '70s pop, contemporary alternative.

Talk about marketing nightmares. "I probably am," Hilty said, laughing. "I don't know what to call it either." And yet the record is thematically consistent. "I guess it is a break up album, but not a cry-your-eyes-out kind of album," Hilty said. "That's why we went with It Happens All the Time as the title. People fall in and out of love all the time." THE ASSOCIATED PRESS

Megan Hilty poses for a portrait in New York. CARLO ALLEGRI/THE ASSOCIATED PRESS

Kate Middleton ALL PHOTOS GETTY IMAGES

Scrabble turning into a royal competition

Apparently all couples fight, including Prince William and Kate Middleton.

In the new documentary Our Queen, British Olympic boxer Anthony Ogogo reveals that Middleton confided to him that both she and her husband have a competitive streak that comes out particularly when they're playing Scrabble, according to the Daily Mail.

"She said when they play Scrabble they don't usually finish a game, because somebody got in a mood and slammed it shut," Ogogo says.

Danny DeVito and Rhea Perlman back together?

For once, some good news in the world of celebrity relationships: Danny DeVito and Rhea Perlman are reportedly back together after separating last fall, according to People magazine. "They love each other," a friend of the couple says. "Always have and always will." Their split stunned Hollywood, as the couple had been married for 30 years at the time of their split.

Danny DeVito and Rhea Perlman

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Swift didn't get her mail and everyone else just got hacked

STARGAZING
Malene Arpe
scene@metronews.ca

Matt Damon, John Goodman, George Clooney and Bill Murray go to dinner together. That explains the in-depth comments about independent movies as well as the wry witticisms.

Josh Brolin, Benicio del Toro, Bradley Cooper and Michael Fassbender go bar-hopping together. That explains the trail of broken hearts, haphazardly dropped frilly undergarments and grease repellent.

This week in cancelling and quitting. 1) Rihanna cancels a couple of concerts due to laryngitis. 2) Vince Neil drops out of a Motley Crue concert due to kidney stones. 3) Emma Watson quits the Cinderella movie. 4) Justin Bieber cancels one of two Portugal shows due to lacklustre ticket sales.

A number of celebrities, including Beyoncé, Britney Spears, Donald Trump, Ashton Kutcher, Mel Gibson and Paris Hilton, have had their personal financial information hacked and posted on the web. "OMG!" says Paris Hilton. "I knew it! I'm still a celebrity!"

Ryan Lochte

Sean Lowe, who is fresh off the Bachelor, will be competing on the new season of Dancing With The Stars. It's good to know that he has his priorities in order and that they definitely don't include spending time with the woman he'll never marry.

Jennifer Aniston's rep denies a story that Jennifer and Justin will be married in Hawaii really soon. But did the rep deny the story that they'll be married by a warlock in the middle of a cheese pyramid? No, I think not.

Ryan Lochte and Carmen Electra are dating. They have a lot in common because he's a swimmer and she once wore a swim suit on Baywatch.

Corerekshon. When we reported that a pile of unopened Taylor Swift fan mail was found in a Nashville recycling bin we meant to add that Taylor Swift is never, ever getting back to you.

Miley Cyrus

Don't jump to conclusions: Miley's ring was simply getting repaired

Miley Cyrus has an explanation for why she was spotted without her engagement ring recently amid rumours of trouble between her and fiancé Liam Hemsworth. The ring was off getting repaired. Cyrus responded to a friend on Twitter recently who was complaining about having to get her own engagement ring repaired, adding, "That's the worst! I just had a similar situation except when it happens to me then everyone says my wedding is off."

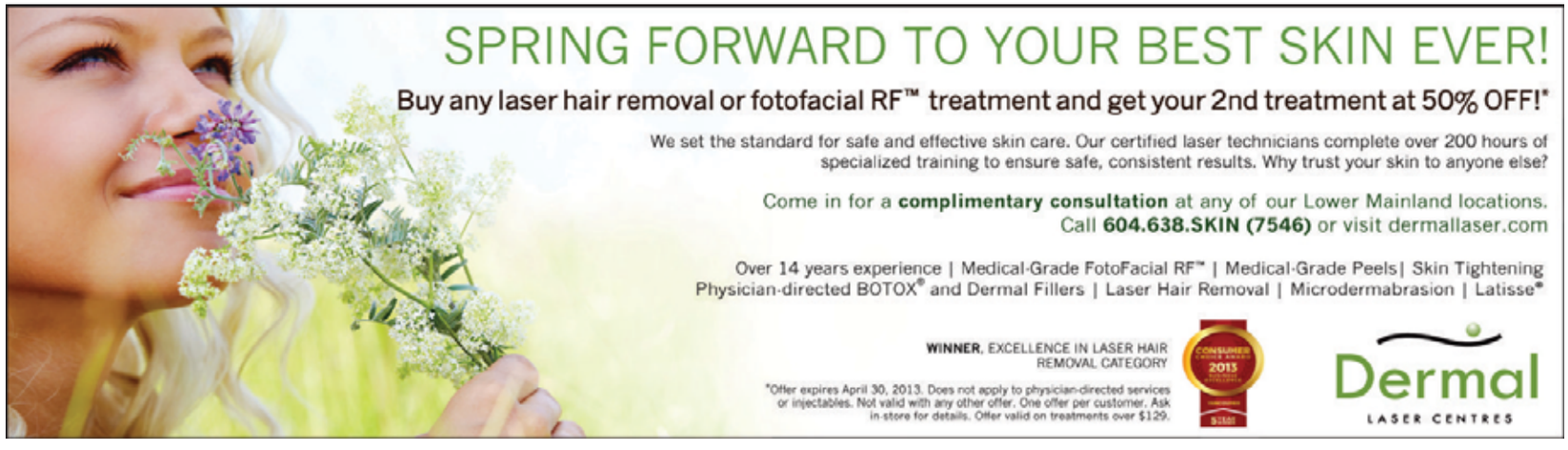
Twitter

@EmWatson
Who here actually thinks I would do 50 Shades of Grey as a movie? Like really. For real. In real life.

@jason_mrazc
Anybody got access to a kuala bear? Looking for a hug.

@Sethrogen
Call me crazy, but I prefer "Wrath of the Titans" over "Clash of the Titans."

@SarahKSilverman
I'm not going to let the fact that there's butter on my cell phone make me feel bad about myself & my choices


SPRING FORWARD TO YOUR BEST SKIN EVER!
Buy any laser hair removal or fotofacial RF™ treatment and get your 2nd treatment at 50% OFF!*
We set the standard for safe and effective skin care. Our certified laser technicians complete over 200 hours of specialized training to ensure safe, consistent results. Why trust your skin to anyone else?
Come in for a complimentary consultation at any of our Lower Mainland locations.
Call 604.638.SKIN (7546) or visit dermallaser.com
Over 14 years experience | Medical-Grade FotoFacial RF™ | Medical-Grade Peels| Skin Tightening
Physician-directed BOTOX® and Dermal Fillers | Laser Hair Removal | Microdermabrasion | Latisse®
WINNER, EXCELLENCE IN LASER HAIR REMOVAL CATEGORY
CONSUMER CHOICE AWARDS 2013
*Offer expires April 30, 2013. Does not apply to physician-directed services or injectables. Not valid with any other offer. One offer per customer. Ask in-store for details. Offer valid on treatments over $129.
Dermal
LASER CENTRES

LIFE 3

Travel tidbit

Get on the bus

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

When visiting a new city, one of the best ways to get to know it quickly is via one of the oldest travel institutions: the tour bus.

I've taken tour buses all over, including New York City, London (England) and most recently, Philadelphia. All of them operate on the same basic premise: to get you to as many local attractions as they can, while providing you with historical facts (and usually a few laughs) along the way with an experienced tour guide. In Philadelphia, for example, the Big Bus Tour was a double decker bus that travelled to the Liberty Bell, Benjamin Franklin's burial site, Independence Hall, even the Philadelphia Museum of Art for a run up the famous Rocky steps.

Most tour companies will offer a "hop on, hop off" option, allowing passengers to get off at prescribed stops near monuments, attractions, etc., spend as much time as they want and simply get on the next bus.

Many tour companies also have packages that include discounted tickets, and sometimes VIP lines for the attractions where they stop. For families travelling with little children and their equally little legs, this is an easy way to absorb a city. **KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.**

Exclusively online

Apparently getting a Soho House membership is child's play vs. snagging you a spot in the toddler room at Alphabet Academy. Follow along with the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices

Is it time for a toddler bed?

Sleep routine. One sleep expert shares her advice for making the transition as painless as possible for you and your big boy or girl

NATALIE SHURE
Metro World News in New York

Easing your child through the transition from sleeping in a crib to a new bed doesn't need to be a nightmare.

Child sleep consultant Amy Lage has made a career out of helping families best approach this crucial moment in a toddler's life.

If your child cannot stay in a crib safely any longer (for example, your little monkey is making a great escape every night to crawl into bed with you) or is asking for a toddler bed, it might be time for Lage's advice.

One expert says age three is a great time to transition kids from cribs to beds. ISTOCK

Why is the transition from crib to bed so important?
We want to make sure that the entire family is getting as much sleep as possible, and that your children are well-rested. To avoid those middle-of-the-night wake-ups, it's important to set the tone and do it right the first time. It keeps everybody on track.

Your suggestion of letting a child pick out new sheets or a bed frame is an interesting idea. Do kids find this exciting?
Yes! Children are always a little nervous about the change. This makes them feel in control of the situation, which is so important for toddlers. They are so often grasping for control in their lives.

What sparked your interest in this topic? Did you have trouble transitioning your children?
I have a two-year-old and a two-month-old. The older one is actually still in her crib, and will stay until she asks to switch. In the sleep community, we really think it's important to keep children in their crib until they are really ready. I'm a big believer in waiting until three if you can.

Why is three the number?
At three, you can reason with them. Before that, most kids really can't comprehend guidelines or why it is important to follow directions. Until they can understand and recognize boundaries, it is so much easier to keep them in the crib, where they can have the best sleep.

Get organized just in time for spring cleaning

With spring making its debut on Wednesday, it's time to get your kids' rooms in shape.

Here are some experts' tips on arranging your child's bedroom in ways that will simplify life.

Get them excited
No need for full-scale redecorating. An offer to rearrange items and perhaps add a few new ones will probably get your child excited enough to help shape up her space. "Try to make it fun," says Kathryn Bechen, author of Small Space Organizing: A Room-by-Room Guide to Maximizing Your Space (Revell, 2012).. "Take one whole Saturday or Sunday for the whole family to work on it."

Pare down
Donna Smallin, author and creator of unclutter.com, suggests having kids help haul everything they own into the hallway outside their room.

When the room is empty, have them bring back in only their favourite or most necessary things. When all the necessities are back in, start discussing what might be good to give away, sell or box up for storing. Reassure the child that items in storage can always come out again later.

Use the walls
Kids are more likely to use hooks than hangers. So add lots of colourful hooks at your child's level — not just one or two, but a whole row — to store hoodies, jackets and even pants. **THE ASSOCIATED PRESS**

ACUTE CARE SKILLS
for Health Care Assistant / Resident Care Attendant
PC3 is one of only 2 schools in Vancouver that offer the
ACUTE CARE SKILLS CERTIFICATE PROGRAM
Full-time & Part-time. NO waitlist. Start right away.
Be Working in a Hospital Next Month!
604.730.1106
202-1338 W. Broadway, Vancouver
www.pacificcoastcommunitycollege.com

skilled immigrant infocentre
Vancouver Public Library Central Library, Level 4
350 West Georgia Street
Phone: 604-331-3624
Web: skilledimmigrants.vpl.ca
Employment information for career decisions
A free service for immigrants to British Columbia
Vancouver Public Library
British Columbia The Best Place on Earth
Canada
Funded by the Government of Canada's Foreign Credential Recognition Program

Gov't Funded Job Search Class
ISS of BC Job Options 5 week job search class with 5 weeks possible job placement.
Info sessions on March 18th, 21st, 25th & 27th @ 1pm
Room # 608 - 333 Terminal Avenue
Call for more information:
604-684-2123
www.issbc.org/joboptions

Upgrade Eggs Benedict

This recipe serves six. NEWS CANADA

This Eggs Benedict recipe, with asparagus and whole grains, is high in fibre and uses fresh produce.

1. Cook hollandaise sauce according to package directions. Keep warm.

2. Blanch asparagus in boiling water until tender crisp, about 2-3 minutes. Set aside.

3. Bring pot of water to boil. Lower heat to keep water just simmering. Stir in vinegar. Working one egg at a time, crack into a small cup and gently drop into the simmering water. Once all eggs have been added, cook until desired doneness, about 3 minutes for medium poached. Remove eggs from pot with a slotted spoon.

4. Place 2 slices of peameal bacon on each slice of toast, top with slice of cheese, layer of blanched asparagus and a poached egg. Drizzle with desired amount of hollandaise sauce and season with salt and pepper. Serve.

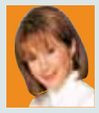
NEWS CANADA/ NATURALLYDEMPSTERS.CA.

Ingredients

- 1 (56 g) package dry hollandaise sauce mix
- 24-30 asparagus spears
- 1 tbsp (15 ml) white vinegar
- 6 eggs
- 12 slices Schneiders Peameal Style Bacon, cooked as per package directions
- 6 slices Dempster's WholeGrains 100% Canadian Century Grains Bread, toasted
- 6 slices swiss cheese
- Salt and pepper

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com

Nothing beats comfort food. The Jack Astor's chain of restaurants does it well, but be careful where you find your comfort.

Jack Astor's Chicken BLT Poutine

1,115 calories / 68 g fat
Fries, garlic mayo and bacon in this version make up three quarters of your daily calories and fat.

Equivalent

One Jack Astor's Chicken BLT Poutine is equal in calories to 23 chicken wings.

Jack Astor's Le Montreal Special with mashed potatoes

686 calories / 25.9 g fat
This corned beef sandwich with potatoes has close to half the calories and a third of the fat of the poutine.

Happiness is getting hired

Staff satisfaction.
A free cup of coffee isn't always the way to make employees love coming to their cubicle

JULIA WEST
Metro World News

What would you prefer? A manager who made sure to listen to your every idea or a waterslide that led to your next meeting? ISTOCK

Fortune recently released a list of the top 100 companies to work for.

At the top of the list was Google, followed by the analytic software company SAS and CHG Healthcare Services in Salt Lake City.

Each organization varies greatly in size and product, yet they are all developing a positive, successful environment. Looking closer, it appears these companies are doing many of the same things right.

Fun and freedom are a common thread for the companies on Fortune's list.

"If it isn't fun, no one is going to be there for very long. Team outings, ping pong tournaments — whatever fits your culture — create opportunities to laugh and to see each other outside of just your day-to-day professional titles," explains Nick Worswick, corporate vice-president and general manager at Seamless.com.

CHG Healthcare, number three on the list, keeps things lively with employee talent shows and trivia tournaments.

Casual get-togethers and friendly competition often aid in talent recognition and team-building.

These tactics keep employees happy, which is vital in the hospitality business. Coming in at number 28 on Fortune's list was Kimpton Hotels & Restaurants, owners of Philadelphia's Hotel Palomar and Hotel Monaco.

"At Kimpton, fostering a culture of care with a focus on fun has proven to be a recipe for success," explains Mike Depatie, CEO, Kimpton Hotels & Restaurants.

"Our employees are our brand, which is why we place an incredible amount of emphasis on making them feel their best at work."

Our Abbotsford campus is seeking a

FULL-TIME EMPLOYMENT SERVICES SPECIALIST

The Specialist will support current students by facilitating job search training, following up with graduates with solid career development advice, and monitoring their progress on student loan repayment. You are skilled at networking and up to date on current labour markets. A minimum of 2 years' experience in the career development field and currently working towards your CCDP a must.

Please send cover letter and resume to karreek@sprottshaw.com

SPROTT SHAW COLLEGE

DIPLOMA & CAREER IN A YEAR OR LESS!

- Hospitality & Tourism
- Global Trade & Marketing
- Health Care Services
- Computerized Accounting
- Office Administration
- EI recipients welcome
- 1 year program available

ULI Universal Learning Institute
604.248.1242 www.TrainingForJobs.com

Westside Preparatory School
VANCOUVER • CANADA

- Offering Grades K to 12
- Fully accredited by the BC Ministry of Education
- AP certified school
- Small classes (12-16 students)
- Certified, experienced, dedicated teachers
- Individual Graduation Plan
- 100% graduation rate
- Preparation for a successful university entrance
- Supervised homework classes
- Open communication with parents

788 Beatty St., Vancouver, BC, V6B 2M1
Fax: 604.687.8024 | Tel: 604.687.8021 | Email: info@westsidehs.com
WWW.WESTSIDEHS.COM

How do I become a Dentist ?

Explore what you want to be and how to get there.

Visit CareerBear.com to learn more

MUMFORD & SONS *IN BERLIN!*

SHORE 104.3fm

Vancouver's Adult Alternative

When we play Mumford and Sons
"**I WILL WAIT**" in its entirety
CALLER 9 on **280 1043 INSTANTLY WINS**!
IT'S THAT EASY!

AHL

Jones' late-game heroics turn up the Heat

Centre Blair Jones scored the equalizer for Abbotsford at 19:50 of the third period, and had one of the Heat's two goals in the shootout, in a 5-4 victory on Sunday over the San Antonio Rampage.

Goals by Sven Baertschi and Brett Carson staked the Heat (28-27-9) to a 2-0 lead in the first period.

Jack Combs cut the margin 2-1 40 seconds into the second period, and Brendon Nash tied it for San Antonio (27-26-6) at 11:48 of the third period.

Max Reinhart put Abbotsford back in front 3-2 a little over two minutes later with a power-play goal, the team's second of the game. The Rampage took a 4-3 lead with goals 14 seconds apart by Combs and John McFarland. Jones tied it with his third goal of the season.

Barry Brust finished with 36 saves for the Heat.

Dov Grumet-Morris stopped 37 shots for the Rampage.

THE CANADIAN PRESS

NBA

Heat keep streak alive in Toronto

LeBron James had 22 points, 12 rebounds and eight assists as the Miami Heat extended their record winning streak to 22 games with a 108-91 win over the Toronto Raptors on Sunday afternoon.

Miami (51-14), matched the 2007-08 Houston Rockets at 22 and now trail just the 1971-72 Los Angeles Lakers (33).

THE CANADIAN PRESS

Injuries piling up for Canucks

NHL. Vancouver will have to recall a winger from AHL Chicago

CAM TUCKER
cam.tucker@metronews.ca

Injuries to a pair of Vancouver Canucks forwards should result in a player from the AHL's Chicago Wolves getting called up to the big club, but exactly who that may be remains to be seen.

The Canucks, already lean down the middle with second-line centre Ryan Kesler out with a broken bone in his foot, will await the results of David Booth's MRI, which is scheduled for Monday.

Booth injured his left ankle in the first period of Saturday's loss to the Detroit Red Wings, hobbling off the ice and unable to put pressure on his left leg. He left the game and did not return, and was later seen in a walking boot and on crutches.

There was no official update on Booth as the weekend concluded, but the early prognosis from head coach Alain Vigneault — "I expect Booth is going to be out for a while" — likely means the Canucks will pluck a winger from the Wolves.

Zack Kassian, Vancouver's 22-year-old power forward in the making, is also dealing with an ailing back and Vigneault listed him as "day-to-day."

With two wingers out, the Canucks could require one player from Chicago, and possibly two. Do they recall Nicklas Jensen, their first-round pick, 29th overall, in the 2011 NHL entry draft?

Vancouver Canucks winger David Booth limps to the bench and leaves the game with an injury against the Detroit Red Wings on Saturday at Rogers Arena. Coach Alain Vigneault expects Booth "to be out for a while."

DARRYL DYCK/THE CANADIAN PRESS

Jensen, assigned to the Wolves on March 8, has two goals in his first five games in the minors. He had a two-game goal-scoring streak that was snapped on Sunday.

Jensen, who had led all rookies in the Swedish Elite League in scoring with 17 goals and 23 points in 50 games this season, appears to be the likeliest candidate to get the call.

The Chicago Tribune reported before the Wolves' game against Rockford on Sunday that winger Bill Sweatt, also a possibility for a recall to Vancouver, was injured on Friday.

Having Booth and Kassian out of the lineup only adds to the Canucks' recent struggles. They have five wins in their last 15 games.

The Canucks host the Wild Monday at Rogers Arena.

Tie for first

The Canucks' recent swoon leaves the team tied with the Minnesota Wild for the Northwest Division lead at 32 points.

- The Wild technically lead the division. They have more regulation/overtime victories than the Canucks.

GSP flirts with perfection in Montreal

Georges St-Pierre grapples with Nick Diaz on Saturday night in Montreal.

GRAHAM HUGHES/THE CANADIAN PRESS

The Georges St-Pierre legacy grows, with another battered body in the UFC welterweight champion's wake.

The latest victim is Nick Diaz, who lost a lopsided five-rounder at UFC 158 before 20,145 at Montreal's Bell Centre on Saturday night.

"He fought the perfect fight," UFC president Dana White said of St-Pierre.

All three judges scored it 50-45 for the champion, awarding him all five rounds.

St-Pierre's 11th straight win adds to his glittering pedigree. The 31-year-old from Montreal has not lost in almost six years, since UFC 69 in April 2007.

St-Pierre (24-2) celebrated his eighth straight successful UFC title defence, second only to middleweight champion Anderson Silva's 10. He also tied Silva with most championship fight wins (11).

The Canadian also moved into second place in most championship fights (13). And he now holds the UFC record for most championship rounds at 47, surpassing Randy (The Natural) Couture's 44. THE CANADIAN PRESS

Quoted

"You know what, I've never paid taxes in my life. I'm probably going to go to jail."

Nick Diaz making a bizarre admission after losing to Georges St-Pierre in the main event of UFC 158 on Saturday night.

4 SPORTS

Oilers keep rolling with win over Preds

NHL. Young Edmonton club has 'different swagger' ever since recent win in Chicago

Their last meeting with the Nashville Predators represented the low point of their season, but the Edmonton Oilers have started to turn things around since then.

Jordan Eberle led the way with a goal and an assist as the Oilers came away with a 3-2 victory over the Predators on Sunday.

Magnus Paajarvi and Lennart Petrell also scored for the Oilers (11-11-6), who have captured seven out of eight points since losing 6-0 in Nashville on March 8.

"We had to decide after that game what kind of season this was going to be," said Oilers head coach Ralph Krueger.

Oilers forward Magnus Paajarvi scores on Predators goalie Pekka Rinne in the second period of Sunday night's game in Edmonton. JASON FRANSON/THE CANADIAN PRESS

"Ever since we followed up that loss with a win in Chicago there has been a different swagger in the group. A different belief. I'm pleased it paid off with the two points tonight.

"These are huge points and it is a big step. We had a shot at catching Nashville nine days ago and they beat us 6-0. We had a shot at catching them again tonight and we were able to do it. It's a good time for that to happen."

Edmonton moved from 14th into a tie for 10th in the Western Conference, two points back of eighth-place San Jose.

On Sunday

3	2
Oilers	Predators

Eberle admitted that having something to play for at this time of year is a bit of a novelty for the Oilers, who finished in 29th place last season.

"When you get confidence it just builds and builds and builds," he said. "It's fun right now. It's March and we are two points out of a playoff spot. I haven't been in this situation before. It's exciting to be in the locker-room when every game and every period means so much. It's great to be a part of that."

THE CANADIAN PRESS

Ski cross. Canada's Marielle Thompson races to silver in World Cup event

Canada's Marielle Thompson took the silver on Sunday in the women's World Cup ski cross.

The skier from Whistler finished second behind World Cup leader and world champion Fanny Smith of Switzerland, who won all three of her starts in style after failing to qualify for the finals the previous day.

Smith has 576 points at the top of the standings, followed by France's Ophelle David at 487.

In the men's race, world champion Jean Frederic Chapuis of France held off Germany's Armin Niederer, helping Alex Fiva of Switzerland clinch the World Cup title.

Fiva won the small final to keep an insurmountable 105-point lead over Niederer in the standings with one race left. THE ASSOCIATED PRESS

Fanny Smith of Switzerland, centre, Canada's Marielle Thompson, left, and Katrin Mueller of Switzerland pose on the podium on Sunday after the FIS Freestyle Skiing World Cup women's ski cross in Are, Sweden. Smith placed first, Thompson second and Mueller third.

JANERIK HENRIKSSON/SCANPIX SWEDEN/THE ASSOCIATED PRESS

Download Canada's top rated newspaper app today
"I love this app, it keeps me up to date with what's going on in the city and around the world."
– NB
Google play
SOURCE: Based on average rating on the Google Play™ store as of February 11th, 2013 from 1892 ratings compared to all other Canadian newspapers. Google Play is a trademark of Google Inc.
metro

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	51	14	.785	—
Indiana	40	26	.606	11 1/2
New York	38	26	.594	12 1/2
Brooklyn	38	28	.576	13 1/2
Atlanta	37	29	.561	14 1/2
Chicago	36	29	.554	15
Boston	36	29	.554	15
Milwaukee	33	32	.508	18
Toronto	26	41	.388	26
Philadelphia	25	40	.385	26
Washington	23	42	.354	28
Detroit	23	45	.338	29 1/2
Cleveland	22	44	.333	29 1/2
Orlando	18	49	.269	34
Charlotte	14	52	.212	37 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	51	16	.761	—
Oklahoma City	50	17	.746	1
L.A. Clippers	46	21	.687	5
Memphis	44	21	.677	6
Denver	45	22	.672	6
Golden State	38	30	.559	13 1/2
Houston	36	31	.537	15
L.A. Lakers	36	32	.529	15 1/2
Utah	34	32	.515	16 1/2
Portland	31	34	.477	19
Dallas	31	35	.470	19 1/2
Minnesota	23	41	.359	26 1/2
Sacramento	23	44	.343	28
Phoenix	22	45	.328	29
New Orleans	22	45	.328	29

Note: division leaders ranked in top three positions regardless of winning percentage.

Sunday's results
Miami 108 Toronto 91
Milwaukee 115 Orlando 109
L.A. Clippers 93 New York 80
Minnesota 97 New Orleans 95
Golden State 108 Houston 78
Oklahoma City 107 Dallas 101
Atlanta 105 Brooklyn 93
L.A. Lakers 113 Sacramento 102

Saturday's results
Washington 127 Phoenix 105
Philadelphia 98 Indiana 91
Boston 105 Charlotte 88
San Antonio 119 Cleveland 113
Portland 112 Detroit 101
Utah 90 Memphis 84

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	30	22	8	0	108	80	44
New Jersey	29	13	10	6	72	81	32
NY Islanders	28	13	12	3	83	91	29
NY Rangers	27	13	12	2	65	67	28
Philadelphia	29	13	15	1	79	88	27

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	28	19	5	4	90	70	42
Boston	27	19	5	3	81	57	41
Ottawa	29	15	8	6	72	62	36
Toronto	29	15	12	2	86	83	32
Buffalo	29	10	15	4	76	93	24

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Winnipeg	29	15	12	2	77	85	32
Carolina	27	15	11	1	82	76	31
Tampa Bay	28	12	15	1	92	84	25
Washington	28	12	15	1	78	85	25
Florida	29	7	16	6	70	109	20

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	28	23	2	3	95	60	49
St. Louis	28	16	10	2	85	80	34
Detroit	29	14	10	5	78	75	33
Nashville	29	11	12	6	67	77	28
Columbus	29	11	12	6	64	76	28

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Minnesota	27	15	10	2	70	68	32
Vancouver	27	13	8	6	77	77	32
Edmonton	28	11	11	6	69	81	28
Calgary	26	11	11	4	75	87	26
Colorado	27	10	13	4	69	84	24

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	27	20	3	4	90	66	44
Los Angeles	27	15	10	2	81	71	32
San Jose	27	12	9	6	64	69	30
Phoenix	28	13	11	4	77	78	30
Dallas	27	12	12	3	69	81	27

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Sunday's results
Pittsburgh 2 Boston 1
Ottawa 4 Winnipeg 1
Washington 5 Buffalo 3
Edmonton 3 Nashville 2

Saturday's results
Boston 4 Washington 1
Pittsburgh 3 NY Rangers 0
Ottawa 4 Buffalo 3 (OT)
Minnesota 6 Colorado 4
Montreal 2 New Jersey 1
Winnipeg 5 Toronto 4 (SO)
Columbus 1 Phoenix 0 (SO)
Tampa Bay 4 Carolina 1
NY Islanders 4 Florida 3
St. Louis 2 Anaheim 1 (OT)
Chicago 8 Dallas 1
Detroit 5 Vancouver 2
Los Angeles 5 San Jose 2

Monday's games
All Times Eastern
Carolina at NY Rangers, 7 p.m.
Philadelphia at Tampa Bay, 7:30 p.m.
Calgary at Dallas, 8:30 p.m.
Chicago at Colorado, 9 p.m.
Minnesota at Vancouver, 10 p.m.
San Jose at Anaheim, 10 p.m.
Phoenix at Los Angeles, 10:30 p.m.

SOCCER

MLS

Sunday's results
FC Dallas 3 Houston 2
Los Angeles 1 Chivas USA 1

Saturday's results
New York 0 D.C. 0
Kansas City 0 Chicago 0
Montreal 2 Toronto FC 1
Philadelphia 1 New England 0
Columbus 1 San Jose 1
Real Salt Lake 1 Colorado 1
Seattle 1 Portland 1

ENGLAND

PREMIER LEAGUE
Sunday's results
Sunderland 1 Norwich 1
Fulham 1 Tottenham 0
Chelsea 2 West Ham 0
Wigan 2 Newcastle 1

CHAMPIONSHIP
Sunday's results
Brighton & Hove Albion 3 Crystal Palace 0
Blackburn 1 Burnley 1

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
It may annoy you that you have to explain to others how to do something yet again but some people will be slow in mind as well as body today. Be patient. It will be appreciated – and more effective in the long-term.

♉ Taurus
April 21 - May 21
If there is something you feel you have to say then say it immediately. The longer you leave it the more controversy there will be when your words do finally come out. It's an important issue, so speak up.

♊ Gemini
May 22 - June 21
The things you want seem to be coming to you without much of an effort, which is nice, but think how much more you might achieve if you did put yourself out a bit. The world is yours – if you want it.

♋ Cancer
June 22 - July 23
For some reason various people have got it into their heads that you are a bit of a cold fish. Act with compassion and they will see you in a new light. Act as if you don't care and it will confirm their beliefs.

♌ Leo
July 24 - Aug. 23
However gloomy your current situation may be it WILL have a happy ending. That may not seem likely right now but before the day is over you will see a glimmer of hope – that will soon be a glaring light.

♍ Virgo
Aug. 24 - Sept. 23
Once you start on a new course you won't be able to stop, so make sure it's what you really want to be doing. If you have any doubts you should back off a bit.

♎ Libra
Sept. 24 - Oct. 23
No sooner is one emergency dealt with than another comes hammering at your door. But that's okay, you will take it all in your stride. Your reputation as a fixer will improve in leaps and bounds today.

♏ Scorpio
Oct. 24 - Nov. 22
Happiness is nothing more than a state of mind, so think pleasant thoughts and most likely you will have a very pleasant day.

♐ Sagittarius
Nov. 23 - Dec. 21
Take what your heart tells you on trust today and don't worry about backing it up with facts and figures. You should know by now that if you back your hunches there is every chance they will pay off.

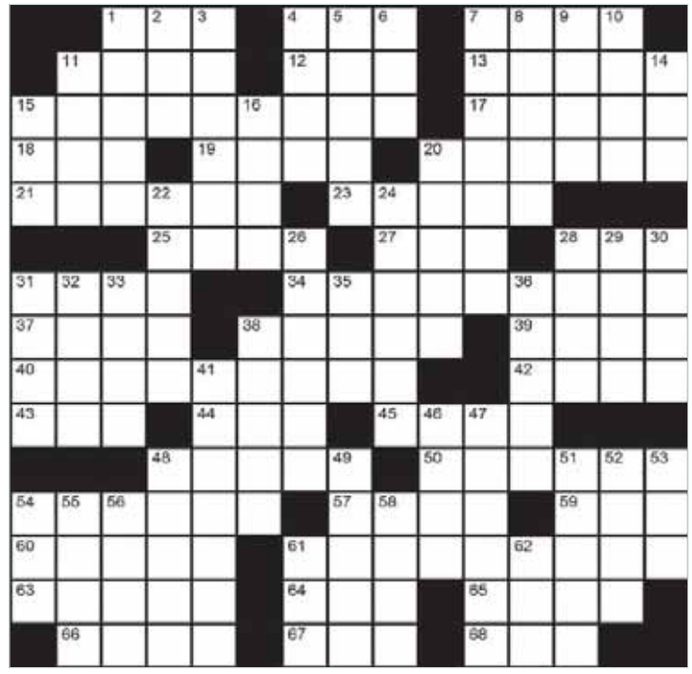
♑ Capricorn
Dec. 22 - Jan. 20
The more you worry the more you will give yourself something to worry about. Negative thoughts encourage negative events, so be positive at all times and believe that only good things will happen.

♒ Aquarius
Jan. 21 - Feb. 19
A friend or work colleague has a lot to say for themselves but if you analyze their words you will come to the conclusion that they are talking nonsense. Don't worry about their feelings: tell them what you think.

♓ Pisces
Feb. 20 - March 20
Push money and work worries to the back of your mind where they belong. Family and friendships are what you should be concentrating on. Is there someone you have not seen much of lately? SALLY BROMPTON

Crossword: Canada Across and Down

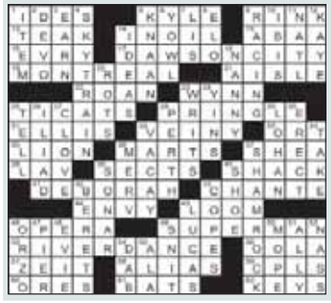
BY KELLY ANN BUCHANAN



Across
1. "Pulp Fiction" (1994) name
4. IV units
7. __ Lewis & The News
11. Comparison word
12. Particular plaints!
13. Beneath
15. New __
17. Boaster's retort: 2 wds.
18. 'Speed' suffix (More quick)
19. "__ & Grace"
20. CBC's "The Fifth __"
21. Like many a necklace
23. Representative
25. Fertilizer ingredient
27. 'Hallow' add-on
28. Philosophical†principle
31. Author, Earl __ Biggers
34. Quebec's Eastern __
37. Whizzes
38. Angelic
39. Butter substitute
40. Canadian pop/opera quartet: 2 wds.
42. The Himalayas, e.g.
43. Perfect
44. As well
45. Domesticated
48. Long-standing tiffs
50. American store replacing Zellers
54. Classical composer
57. __ & The Gang
59. Lyric poem
60. Mr. Cassidy (1970s heartthrob)
61. Like King Tut's remains
63. Shania Twain's "I'm __ Getcha Good"
64. Alcoholic beverage
65. U.S. state, for short
66. "Kiss from a Rose" singer
67. CNN's sister station
68. Unit of work

Down
1. "Star Trek" character
2. "I'm Your __" by Leonard Cohen
3. Barenaked Ladies' "Call and __"
4. Spring
5. Go by bike
6. Roughriders, on scoreboards
7. The Bay's back-to-roots name, __ Bay
8. Accord
9. Old Icelandic literary work
10. Beatles ballad, briefly
11. Forest fixture
14. __ v. Wade
15. Diner's shirt protector
16. Broad
20. Happening
22. Fred of Limp Bizkit
24. Most modern
26. Canadian author Margaret
28. Pinball infraction
29. "Does anyone have _ __?" (Notepad-holder's query)
30. Bears, in Barcelona
31. Info
32. Canyon feedback
33. Stench
35. Atop, in verse
36. Bart Simpson's dad
38. Anteater's nozzle
41. Jim Carrey movie, "__ Sunshine of the Spotless Mind" (2004)
46. Director Mr. Egoyan
47. Venom
48. Flora and __
49. Palaeontological find
51. Auctioneer's word with Once, Twice...
52. Shangri-la
53. Keanu's 'excellent' character
54. Food additive letters
55. Cries of surprise!
56. "Titanic" (1997) star Billy
58. Harbinger
61. __-jongg
62. 'F' in FWIW

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	6	1	5			2		
	4			8		7		
	8		6		7			
			7				9	
3			8		2			4
	9				5			
			1		4		2	
		9		3			7	
		5			6	1	3	

Friday's Sudoku

6	2	3	7	9	5	8	1	4
1	8	7	4	3	2	6	9	5
4	5	9	1	8	6	7	2	3
8	4	1	5	7	9	2	3	6
3	6	5	2	1	8	4	7	9
9	7	2	3	6	4	5	8	1
5	1	4	9	2	7	3	6	8
2	9	6	8	4	3	1	5	7
7	3	8	6	5	1	9	4	2

Today 9°/3° Sunny
Tuesday 9°/6° Variable
Know what the weather will be 14 days from now.
Check the 14 day trend.
©The Weather Network 2013

FLIGHT CENTRE® Unbeatable
1 866 519 5111
flightcentre.ca
Whistler
2 Nights, 4-Star
from $154 pp
INCLUDES boutique accom in the Village. ADD tree trek canopy walk from $50.
Conditions apply. Ex. Vancouver. All advertised prices include taxes & fees. Hotel package prices are per person, based on double occupancy for total length of stay unless otherwise stated. pp=per person. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. BC REG: #HO2790

Sant Baljit Singh
Is Your Life in BALANCE yet ?
604-317-2747
www.santmat.net

Simple changes can bring more meaning to your life.

Create happiness and well being.

Ongoing free programs on the spiritual practice of meditation on inner Light and Sound.

Wednesdays 7 pm & Sundays 1 pm
Centre for Peace
1825 West 16th Avenue
Vancouver, BC V6J 2M3
Room # 201 (Meditation Room)

VancouverGold

Canada's trusted neighbourhood gold buyers

SELL YOUR GOLD WITH PEACE OF MIND

1

Bring in your unwanted gold, silver and platinum.

2

Our friendly and professional staff will test your items right in front of you and involve you in every step.

3

Receive your instant on-the-spot payout!

HERE ARE A FEW WAYS WE TEST YOUR GOLD:

ACID SCRATCH TEST

The first step we use is an acid scratch test. This may be the only test that is used if the test goes well. We scratch the item on a smooth touch stone (similar to slate). This does not damage the piece in any way, but makes a fine mark on the stone.

SPECIFIC GRAVITY MACHINE

The second step that may be conducted is a measurement of your item's density. By weighing the item first on a normal scale, and then underwater, the density is calculated. Since gold is a very heavy metal, the density allows us to calculate the purity of your gold.

X-RAY FLUORESCENCE

We use a rapid and high performance XRF Analyzer to measure the Gold and Silver content of your item. The XRF technique also allows us to detect the presence of other precious metals.

LEARN THE FACTS AND PROTECT YOURSELF

When it comes to buying, selling, refining and recycling precious metals, VancouverGold is among the most trusted authorities in Canada, and the only Lower Mainland gold buyer to be accredited by the Better Business Bureau. We are leading the way by providing a trusted tradition of ethical practices, information and education as well as unparalleled service to each and every customer. We have made major investments to acquire state-of-the-art gold testing equipment to assure exact details of the items being tested. You will be involved in each step along the way.

Subscribe online at VancouverGold.ca/Subscribe

Recommend us on Google

FB.com/VancouverGoldBuyer

@VanGoldBuyer

Member of RCBC

BBB ACCREDITED BUSINESS

RCBC RECYCLING COUNCIL OF BRITISH COLUMBIA

Five locations in B.C. • www.VancouverGold.ca • 1-888-682-5832

VANCOUVER
604.764.5134
254 West Broadway, Vancouver
(2 blocks East of Broadway & Cambie Canada Line Station)

HOURS:
Mon-Fri 9am-6pm • Sat 10am-5pm • Sun 11am-4pm

SURREY
604.582.GOLD(4653)
120-10362 King George Hwy, Surrey
(London Station Mall – Next to London Drugs & near the Surrey Central Skytrain)

HOURS:
Mon-Fri 9am-5pm • Sat 10am-5pm • Sun Closed

RICHMOND
604.273.GOLD(4653)
5951 No. 3 Road, Richmond

HOURS:
Tue-Fri 10am-6pm • Sat 10am-5pm • Sun/Mon Closed

NORTH VANCOUVER
604.984.GOLD(4653)
65 Lonsdale Ave. North Vancouver

HOURS:
Mon-Fri 10am-6pm • Sat 10am-5pm • Sun Closed

VICTORIA
250.385.GOLD(4653)
3 Fan Tan Alley At Pandora

NOW OPEN!

HOURS:
Tue-Fri 10am-6pm • Sat 10am-5pm • Sun/Mon Closed